

**Murrieta Valley Unified School District
High School Course Outline
2003**

Department: Visual and Performing Arts/Physical Education

Course Title Dance I

Course Number: 7220

Grade Level: 10-12

Length of Course: One Year

Prerequisite: Successful completion of one year of Physical Education 9.

UC/CSU (A-F) Requirement:

Course Description:

Dance I meets the second and third year of the District graduation requirements for Physical Education and/or Visual and Performing Arts. This course is designed to provide students with opportunities to explore dance as an art as well as a fitness activity.

Dance I provides students with a creative space and time. It promotes fitness and encourages a healthy life-style. Dance I is an expressive art form as well as an excellent form of physical activity and skill. Dance I affords the opportunity to see cultural differences through movement.

Styles of dance studied will include: jazz, lyrical, modern, ballet, musical theater, and multicultural dances. Emphasis will be placed on proper technique presented in a logical and sequential format. Students will be provided the opportunity to perform newly acquired skills. Components will include: aesthetic perception and values, creative expression, introduction to choreography, introduction to dance history, and performance and analysis. The course includes daily participation in exercises that include flexibility, muscular strength, dance techniques and cardiovascular endurance emphasizing the benefits of lifetime health and fitness.

This course will emphasize the development of movement skill and movement knowledge, self image and personal growth, and social development.

I. Goals

The student will:

- A. Develop an awareness of body alignment and balance, increase strength, flexibility, and endurance.

- B. Practice techniques of injury prevention including stretching exercises, warm-up and cool-down.
- C. Demonstrate correct dance technique.
- D. Create a student generated dance using basic choreographic fundamentals.

II. Accountability Determinants

Instructional and assessment strategies will include: cooperative learning, guided practice, interactive learning, demonstration, lecture, performance based assessment, authentic assessment, tests, and projects.