

# NATIONAL CORE ARTS STANDARDS

**Discipline:** Dance

**Artistic Process:** Performing

**Anchor Standard 5:** Develop and refine artistic technique and work for presentation.

**Process Component:** Embody

**Enduring Understanding:** Dancers use the mind-body connection and develop the body as an instrument for artistry and **artistic expression**.

**Essential Question:** What must a dancer do to prepare the mind and body for **artistic expression**?

<b>Pre K</b> DA:Pr5.1.PK	<b>Kindergarten</b> DA:Pr5.1.K	<b>1<sup>st</sup></b> DA:Pr5.1.1	<b>2<sup>nd</sup></b> DA:Pr5.1.2
<p>a. Demonstrate basic full body <b>locomotor</b>, <b>non-locomotor</b> movement, and <b>body patterning</b> with spatial relationships.</p> <p>b. Move in <b>general space</b> and start and stop on cue while maintaining <b>personal space</b>.</p> <p>c. Identify and move body parts and repeat movements upon request.</p>	<p>a. Demonstrate same-side and cross-body <b>locomotor</b> and <b>non-locomotor</b> movements, <b>body patterning</b> movements, and body shapes.</p> <p>b. Move safely in <b>general space</b> and start and stop on cue during activities, group formations, and creative explorations while maintaining <b>personal space</b>.</p> <p>c. Move body parts in relation to other body parts and repeat and recall movements upon request.</p>	<p>a. Demonstrate a range of <b>locomotor</b> and <b>non-locomotor</b> movements, <b>body patterning</b>, body shapes, and directionality.</p> <p>b. Move safely in <b>general space</b> through a range of activities and group formations while maintaining <b>personal space</b>.</p> <p>c. Modify movements and spatial arrangements upon request.</p>	<p>a. Demonstrate a range of <b>locomotor</b> and <b>non-locomotor</b> movements, <b>body patterning</b>, and dance sequences that require moving through space using a variety of pathways.</p> <p>b. Move safely in a variety of spatial relationships and formations with other dancers, sharing and maintaining <b>personal space</b>.</p> <p>c. Repeat movements, with an awareness of self and others in space. Self-adjust and modify movements or placement upon request.</p>

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**Essential Question:** What must a dancer do to prepare the mind and body for **artistic expression**?

3 <sup>rd</sup> DA:Pr5.1.3	4 <sup>th</sup> DA:Pr5.1.4	5 <sup>th</sup> DA:Pr5.1.5
<p>a. Replicate body shapes, <b>movement characteristics</b>, and movement patterns in a dance sequence with awareness of body alignment and core support.</p> <p>b. Adjust body-use to coordinate with a partner or other dancers to safely change levels, directions, and pathway designs.</p> <p>c. Recall movement sequences with a partner or in group dance activities. Apply constructive feedback from teacher and self-check to improve dance skills.</p>	<p>a. Demonstrate fundamental dance skills (for example, <b>alignment</b>, coordination, balance, core support, <b>kinesthetic awareness</b>) and <b>movement qualities</b> when replicating and recalling patterns and sequences of <b>locomotor</b> and <b>non-locomotor</b> movements.</p> <p>b. Execute techniques that extend movement range, build strength, and develop endurance. Explain the relationship between execution of technique, safe body-use, and healthful nutrition.</p> <p>c. Coordinate phrases and timing with other dancers by cueing off each other and responding to <b>stimuli</b> cues (for example, music, text, or lighting). Reflect on feedback from others to inform personal dance performance goals.</p>	<p>a. Recall and execute a series of <b>dance phrases</b> using fundamental dance skills (for example, <b>alignment</b>, coordination, balance, core support, <b>kinesthetic awareness</b>, clarity of movement).</p> <p>b. Demonstrate safe body-use practices during technical exercises and movement combinations. Discuss how these practices, along with healthful eating habits, promote strength, flexibility, endurance and injury prevention.</p> <p>c. Collaborate with peer ensemble members to repeat sequences, synchronize actions, and refine spatial relationships to improve performance quality. Apply feedback from others to establish personal performance goals.</p>

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<p><b>6<sup>th</sup></b></p> <p><b>DA:Pr5.1.6</b></p>	<p><b>7<sup>th</sup></b></p> <p><b>DA:Pr5.1.7</b></p>	<p><b>8<sup>th</sup></b></p> <p><b>DA:Pr5.1.8</b></p>
<p>a. <b>Embody technical dance skills</b> (for example, <b>alignment</b>, coordination, balance, core support, <b>kinesthetic awareness</b>, clarity of movement) to accurately execute changes of direction, levels, facings, pathways, elevations and landings, extensions of limbs, and movement transitions.</p> <p>b. Apply basic anatomical knowledge, proprioceptive feedback, spatial awareness, and nutrition to promote safe and healthful strategies when warming up and dancing.</p> <p>c. Collaborate as an ensemble to refine dances by identifying what works and does not work in executing complex patterns, sequences, and formations. Solve <b>movement problems</b> to dances by testing options and finding good results. Document self- improvements over time.</p>	<p>a. Apply body-use strategies to accommodate physical maturational development to <b>technical dance skills</b> (for example, <b>functional alignment</b>, coordination, balance, core support, <b>kinesthetic awareness</b>, clarity of movement, weight shifts, flexibility/range of motion).</p> <p>b. Utilize healthful practices and sound nutrition in dance activities and everyday life. Discuss benefits of practices and how choices enhance performance.</p> <p>c. Collaborate with peers to practice and refine dances. Develop group performance expectations through observation and analyses (for example, view live or recorded professional dancers and collaboratively develop group performance expectations based on information gained from observations).</p>	<p>a. <b>Embody technical dance skills</b> (for example, <b>functional alignment</b>, coordination, balance, core support, clarity of movement, weight shifts, flexibility/range of motion) to replicate, recall, and execute spatial designs and musical or rhythmical dance phrases.</p> <p>b. Evaluate personal healthful practices in dance activities and everyday life including nutrition and injury prevention. Discuss choices made, the effects experienced, and methods for improvement.</p> <p>c. Collaborate with peers to discover strategies for achieving performance accuracy, clarity, and expressiveness. Articulate personal performance goals and practice to reach goals. Document personal improvement over time (for example, journaling, portfolio, or timeline).</p>

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<p><b>HS Proficient</b></p> <p><b>DA:Pr5.1.HS.I</b></p>	<p><b>HS Accomplished</b></p> <p><b>DA:Pr5.1.HS.II</b></p>	<p><b>HS Advanced</b></p> <p><b>DA:Pr5.1.HS.III</b></p>
<p>a. <b>Embody technical dance skills</b> (for example, <b>functional alignment</b>, coordination, balance, core support, clarity of movement, weight shifts, flexibility/range of motion) to retain and execute dance choreography.</p> <p>b. Develop a plan for healthful practices in dance activities and everyday life including nutrition and injury prevention. Discuss implementation of the plan and how it supports personal performance goals.</p> <p>c. Collaborate with peers to establish and implement a rehearsal plan to meet performance goals. Use a variety of strategies to analyze and evaluate performances of self and others (for example, use video recordings of practice to analyze the difference between the way movements look and how they feel to match performance with visual affect). Articulate performance goals and justify reasons for selecting particular practice strategies.</p>	<p>a. Dance with sensibility toward other dancers while executing complex spatial, rhythmic and dynamic sequences to meet performance goals.</p> <p>b. Apply <b>anatomical principles</b> and healthful practices to a range of <b>technical dance skills</b> for achieving fluency of movement. Follow a personal nutrition plan that supports health for everyday life.</p> <p>c. Plan and execute collaborative and independent practice and rehearsal processes with attention to technique and artistry informed by personal performance goals. Reflect on personal achievements.</p>	<p>a. Apply <b>body-mind principles</b> to <b>technical dance skills</b> in complex choreography when performing solo, partnering, or dancing in ensemble works in a variety of dance <b>genres</b> and <b>styles</b>. Self-evaluate performances and discuss and analyze performance ability with others.</p> <p>b. Research healthful and safe practices for dancers and modify personal practice based on findings. Discuss how-research informs practice.</p> <p>c. Initiate, plan, and direct rehearsals with attention to technical details and fulfilling <b>artistic expression</b>. Use a range of rehearsal strategies to achieve performance excellence.</p>