

Dance Standards - Sample Semester Pacing Guide: High School 1

This sample semester pacing guide is designed for an entry level high school dance class. The outline approaches all of the standards over the course of one semester by bundling standards. It assumes a daily meeting of at least 70 minutes per class. This guide is a framework around which to design individual lesson plans based on specific student abilities and teacher expertise.

Week 1: Learning how to take a dance class, structure, and etiquette.	HS1.D.P3.A Identify performance etiquette and performance practices during class, rehearsal, and performance.
Week 2: Developing basic dance improvisation skills.	HS1.D.Cr1.A Explore a variety of stimuli to generate movement through improvisation. Develop self-awareness and self-confidence through the exploration of movement. Analyze the process and the relationship between the stimuli and the movement HS1.D.P1.A Use space and levels intentionally during phrases and through transitions alone and with others.
Week 3: Developing a codified dance technique using proper dance terminology.	HS1.D.P2.A Demonstrate technical dance skills including proper alignment, coordination, balance, core support, endurance, transfer of weight, flexibility, and body part articulation in locomotor and axial movements in a particular genre. HS1.D.P2.C Perform movement combinations in the center and across the floor, demonstrating correct technique and musicality.
Week 4: Focusing on functional anatomy in technique class.	HS1.D.P2.B Refine technique through teacher-directed corrections and self-evaluations using appropriate dance terminology. HS1.D.Cn1.C Understand how anatomy, physiology, and kinesiology relate to dance.
Week 5: Focusing on functional anatomy in technique class, continued.	HS1.D.Cn1.C Understand how anatomy, physiology, and kinesiology relate to dance. HS1.D.Cn1.D Employ proper safety measures in the studio and theater.
Week 6: Student reviews, independent meetings to guide in personal assessments and goal making.	HS1.D.P2.D Plan and execute collaborative and independent practice to achieve personal, technical, and artistic goals.

Week 7: Creating and analyzing choreography.	HS1.D.Cn1.A Analyze and compare various movement qualities and dance elements from various genres and cross-cultural dances to one's own personal experiences and knowledge.
Week 8: Creating and analyzing choreography, continued.	HS1.D.Cr2.A Identify the artistic intent of a dance study by manipulating choreographic devices and dance structures/forms based on established artistic criteria and feedback from others. Analyze and evaluate impact of choices made in the revision process. HS1.D.R1.B Generate appropriate feedback in verbal or written form for peers and self to develop technique and performance skills. Analyze and apply feedback from teachers, peers, or self-evaluation.
Week 9: Exploring various rhythms and meters in technique class.	HS1.D.P1.A Use space and levels intentionally during phrases and through transitions alone and with others. HS1.D.P1.B Use syncopation and accent movements related to different tempi. Take rhythmic cues from different aspects of accompaniment.
Week 10: Developing technique and preparing for final dance performances; winter or spring dance concerts.	HS1.D.P1.A Use space and levels intentionally during phrases and through transitions alone and with others. HS1.D.P1.C Initiate movement phrases by applying energy and dynamics. Vary energy and dynamics over the length of a phrase. HS1.D.R2.A Identify and discuss the artistic expression in a dance or dance phrase.
Week 11: Preparing for final dance performances, including student choreography.	HS1.D.P3.B Identify and analyze the basic elements of a dance production. HS1.D.Cr1.B Experiment with the elements of dance to explore personal movement preferences and strengths, and select movements that challenge skills and build on strengths in an original dance study or dance.
Week 12: Exploring professional dance work. Applying similar structures to choreographic challenges.	HS1.D.R1.A Analyze original movement phrases identifying the elements of dance to solve given problems.

<p>Week 13: Choreographing dance poems using the structure of existing written poems (in collaboration with core teacher).</p>	<p>HS1.D.P1.A Use space and levels intentionally during phrases and through transitions alone and with others.</p> <p>HS1.D.P1.C Initiate movement phrases by applying energy and dynamics. Vary energy and dynamics over the length of a phrase.</p> <p>HS1.D.Cn1.B Create or analyze an existing dance phrase that is related to content learned in another art area or academic subject. Identify principles of other subjects as they occur in dance.</p>
<p>Week 14: Connecting to dance from other genres and cultures through video viewing and discussion.</p>	<p>HS1.D.R3.A Identify criteria for evaluating dance for different styles, genres, and cultures. Use appropriate dance terminology.</p>
<p>Week 15: Visiting the theatre, preparing for technical rehearsals. Reviewing safety guidelines for performance.</p>	<p>HS1.D.Cn1.D Employ proper safety measures in the studio and theater.</p>
<p>Week 16: Exploring various methods for notating and recording dance as a means to review and refine performance work.</p>	<p>HS1.D.Cr2.B Investigate a recognized system to document a dance sequence by using words, symbols, or media technologies in order to refine or complete artistic work.</p>
<p>Week 17: Viewing and reflecting on world dance forms, relating to final performance.</p>	<p>HS1.D.Cn2.A Compare and contrast differences in dance expression throughout the world. Analyze expressive movement in rituals and the connection to present day dance.</p>
<p>Week 18: Reflecting on dance technique before final performance.</p>	<p>HS1.D.R1.C Identify the elements of a dance critique, and apply to a performance.</p>

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