Miami Beach Senior High School

Course Title: Dance Technique 1

## Course Number: 0300310

Instructor: L. Jackson

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**Goal:** The purpose of this course is to develop foundational skills in two or more dance styles, and to maintain or improve health-related fitness through dance.

**Course Topics:**

* Development of fundamental dance technique is enriched and enlivened through study of works by a variety of diverse artist.
* Evaluate the effectiveness of specific warm-up and cool-down activities.
* Apply appropriate technology and analyze data to evaluate, monitor, and/or improve technique.
* Develop genre-specific movement vocabulary and dance terminology.
* Build knowledge and skills related to somatic practices, dance composition, analysis of effort outcomes, dance history and culture, collaborative work, and rehearsal and performance protocols.
* Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
* Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
* Apply strategies for self improvement based on individual strengths and needs.
* Select and apply dance specific warm-up/cool-down procedures.
* Apply a combination of complex movement patterns in dance choreography
* Combine and apply movement patterns from simple to complex.
* Compare dances of different styles, genres and forms to show understanding of how the different structures and movements give the dance identity.
* Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical dance activities.
* Demonstrate responsible behaviors during dances.
* Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities/dance.
* Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

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| Grade | Points | Interpretation |
| A | 4 | Excellent |
| B | 3 | Good |
| C | 2 | Average |
| D | 1 | Improvement Needed |
| F | 0 | Unsatisfactory |

**Materials:**

* **Miami Beach Senior High School Website**

**(miamibeachhigh.dadeschools.net)**

* **PE Uniform**
* **EDMODO account**
* **Notebook, Pen or Pencil and Highlighter**

**Grading Criteria:**

**40%Dress Policy**

**40%Participation**

**20%wriiten Assignments**