

Dance Curriculum Outline

Unit 1: Introduction (1 week)

- Classroom policies and procedures
- Expectations of dance discipline

Lesson Ideas

Wk. 1 -

1. Class intro and expectations
2. Locker assignments
3. Dance and discipline

Unit 2: Kinesiology (4-6 weeks)

- Basics of human anatomy
 - Major Muscles
 - Major Bones / Joints
- Basics of stretching / lengthening
- Basics of locomotor movement

Lesson Ideas:

Wk. 1 & 2

1. Intro to major muscles ~ define and label human layout
2. Sample movements utilizing all major muscles in isolation and in combination
3. Work in groups to label a life size drawing of one class mate
4. Test
5. Introduce basic stretches and begin stretch journal

Wk. 3 & 4

1. Basics of locomotor movement ... get moving across floor
2. Work through warm up routine

Unit 3: Ballet (10-12 weeks)

- History of Ballet
- Body alignment
- Vocabulary
- Proper breathing

Lesson Ideas:

1. Develop warm up routine to be tested several times
2. Introduce basic jumps using roll through of feet
3. Work on balance and turnout
4. Create a country exercise (using Nutcracker as an example)

Unit 4: Modern and Choreography (6 weeks)

- History of Modern
- Release and Contract
- Basics of choreography
- Partnering
- Positive and Negative Space
- Qualities of movement

Lesson Ideas:

1. History notes / test
2. Word draw patterns
3. Positive and negative space workout
4. Poetry project
5. Personal choreography

Unit 5: Jazz (6 weeks)

- History
- Introduction of complex leaps and turns
- Begin choreography for spring performance

Unit 6: Additional Considerations (remainder)

- Tap
- Break Dancing
- Ballroom
- Country Dance
- International
- Stomp