



**HS Dance Level I**  
**GSE Standards**



## Creating

- DHSD1.CR.1**      **Demonstrate an understanding of creative/choreographic principles, processes, and structures.**
- Identify the elements of choreography.
  - Discuss ways to document dance choreography (e.g. photography, video, writing computer programs).
  - Manipulate the elements of personal choreography.
  - Recognize a variety of structures and/or forms (e.g., AB, ABA, cannon, call-response, narrative).
- DHSD1.CR.2**      **Demonstrate an understanding of dance as a form of communication.**
- Recognize how the use of choreographic structure is used to communicate meaning in a dance.
  - Demonstrate the use of theme through movement.

## Performing

- DHSD1.PR.1**      **Identify and demonstrate movement elements, skills, and terminology in dance.**
- Execute an introductory level technique-based warm-up such as ballet, modern, jazz, tap, and world dance related to strength, muscular endurance, and flexibility.
  - Demonstrate an understanding of basic dance terminology and technique.
  - Develop focus, control, and coordination in performing introductory level combinations of locomotor and axial movements.
  - Demonstrate kinesthetic awareness through body parts and isolations, and connect the body to one's kinesphere.
  - Demonstrate the ability to transfer weight, change direction, and maintain balance.
  - Identify dance vocabulary from codified techniques.
- DHSD1.PR.2**      **Understand and model dance etiquette as a classroom participant, performer, and observer.**
- Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment.
  - Demonstrate concentration and focus, and help to maintain a respectful performance environment for others.



- c. Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances.
- d. Exhibit initiative in modeling appropriate behaviors and skills as an audience member and dance observer, and understand the role of an arts patron.

**DHSD1.PR.3**

**Recognize concepts of anatomy and kinesiology in movement.**

- a. Understand and execute major muscle principles and proper alignment.
- b. Recognize that proper alignment facilitates efficiency of movement.
- c. Understand imagery (ideokinesis) and its ability to increase efficiency of movement.
- d. Identify basic principles of injury prevention for dance.

**DHSD1.PR.4**

**Understand and apply music concepts to dance.**

- a. Investigate syncopation, polyrhythms counterpoint, and call-response within instructed and created dance phrases.
- b. Phrase movements artistically, aesthetically, and musically.

## Responding

**DHSD1.RE.1**

**Demonstrate critical and creative thinking in all aspects of dance.**

- a. Critique movement qualities and choreography using the elements of dance (e.g. spatial design, variety, contrast, clear structure).
- b. Observe and formulate opinions about the quality of dances on the basis of formal established criteria.
- c. Engage in self-reflection and self-assessment as creator and performer.



## Connecting

### DHSD1.CN.1

#### **Understand and demonstrate dance throughout history and in various cultures.**

- a. Describe the similarities and differences in dance movement from various cultures and forms.
- b. Describe how other arts disciplines are integrated into dance performances.
- c. Identify and explore various dance genres and innovations throughout history.

### DHSD1.CN.2

#### **Recognize connections between dance and wellness.**

- a. Explain how health and nutrition enhance dance ability.
- b. Define the elements of personal safety in dance.
- c. Demonstrate respect for personal well-being and the well-being of others.
- d. Describe how dance builds physical and emotional well-being (e.g. positive body imaging, physical goals, creative goals, focus/concentration).

### DHSD1.CN.3

#### **Demonstrate an understanding of dance as it relates to other areas of knowledge.**

- a. Identify and explore various dance genres and innovations throughout dance history and various cultures.
- b. Use a variety of resources to investigate dance genres.
- c. Identify and explore various dance related professions.
- d. Explore the use of media and technology to communicate about and create dance.
- e. Explore media and technological tools to enhance dance performance (e.g. lighting, sound).