



**HS Modern Dance
GSE Standards**



Creating

- DHSMOD1.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).
- DHSMOD1.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

- DHSMOD1.PR.1** **Identify and demonstrate movement elements, skills, and terminology in dance.**
- Execute an introductory-level modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, roll downs, contract/release, fall/recovery).
 - Demonstrate an understanding of basic modern 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 modern techniques (e.g. Horton, Graham, Cunningham, Limon, Taylor, Bartenieff fundamentals).
- DHSMOD1.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.
 - 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.

DHSMOD1.PR.3

Recognize concepts of anatomy and kinesiology in movement.

- a. Understand major muscles involved in external rotation (turn-out), parallel position, and important related alignment principles involved in proper execution.
- 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 in modern dance.

DHSMOD1.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

DHSMOD1.RE.1

Demonstrate critical and creative thinking in all aspects of dance.

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

Connecting

DHSMOD1.CN.1

Understand and demonstrate dance throughout history and in various cultures.

- a. Describe the similarities and differences within modern dance techniques from different cultures.
- b. Identify and explore various modern dance techniques and innovations throughout history.



DHSMOD1.CN.2

Recognize connections between dance and wellness.

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

DHSMOD.CN.3

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

- a. Understand and demonstrate how media and technology can reinforce, enhance, or alter a modern dance concept.