

## BIG IDEAS

Dance conditioning for improved physical performance requires commitment, perseverance, and resilience.

Knowing about the human body empowers dancers in their technical and artistic training.

Personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels.

Dance is an art form that combines flexibility, strength, and endurance.

Personal choices influence our mental, physical, and artistic well-being.

## Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p><b>Explore and create</b></p> <ul style="list-style-type: none"> <li>Participate in physical activities designed to maintain or enhance overall fitness and improve dance performance</li> <li>Create and implement a <b>personalized fitness program</b></li> <li>Demonstrate ways to train the <b>muscular and cardiovascular systems</b></li> <li>Develop core support, turnout, and efficient use of the spine, arms, and legs to enhance dance movements and protect the body</li> <li>Develop and demonstrate appropriate exercise techniques for a variety of dance conditioning activities</li> <li>Demonstrate ways to safely and effectively increase flexibility</li> <li>Explore the relationship between body alignment and injury prevention</li> </ul> <p><b>Reason and reflect</b></p> <ul style="list-style-type: none"> <li>Identify and apply strategies for pursuing personal fitness and dance-related goals</li> <li>Plan ways to overcome potential barriers to participation in dance conditioning activities</li> <li>Identify health messages from a variety of <b>sources</b> and describe their potential influences on health and well-being</li> <li>Demonstrate awareness of personal and social responsibility toward self, others, and <b>place</b></li> </ul>	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> <li><b>anatomical terminology</b></li> <li><b>body conditioning</b></li> <li>anatomically and developmentally sound <b>movement principles</b></li> <li>spatial and <b>kinesthetic awareness</b></li> <li><b>somatic approaches</b></li> <li>skeletal system, including <b>bones and joints</b></li> <li>different types of muscle, including <b>cardiac and skeletal muscle</b></li> <li>different types and functions of <b>connective tissue</b></li> <li><b>planes of movement</b></li> <li><b>movement actions</b></li> <li>components of an <b>exercise session</b></li> <li><b>components of fitness</b></li> <li><b>principles of fitness program design</b></li> <li><b>effects of different types of fitness activities</b> on the body</li> <li>influences of food choices and eating patterns on dance performance and overall health</li> <li><b>performance-enhancing supplements and drugs</b></li> <li>exercise <b>safety and etiquette</b></li> </ul>

Learning Standards (continued)

Curricular Competencies	Content
<p><b>Communicate and document</b></p> <ul style="list-style-type: none"> <li>• Identify and describe the relationships between healthy eating, overall health, and performance in dance conditioning activities</li> <li>• Identify and describe how different types of fitness activities influence the muscular and cardiovascular systems</li> </ul> <p><b>Connect and expand</b></p> <ul style="list-style-type: none"> <li>• Explore cultural perspectives, <b>ways of knowing</b>, and movements to enhance dance conditioning activities</li> <li>• Consider personal safety, injury prevention and care, and physical health when engaged in dance conditioning activities</li> </ul>	