

BIG IDEAS

<p>Dance conditioning for improved physical performance requires commitment, perseverance, and resilience.</p>	<p>Deepening their knowledge of the human body empowers dancers in their technical and artistic training.</p>	<p>Following proper training guidelines and techniques can help dancers reach their health, fitness, and dance-specific goals.</p>	<p>Dance requires a high level of physical fitness for the creation and performance of artistic works.</p>	<p>Personal choices influence our mental, physical, and artistic well-being.</p>
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Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p>Explore and create</p> <ul style="list-style-type: none"> • Participate in physical activities designed to maintain or enhance overall fitness and improve dance performance • Create, implement, and reflect on a personalized fitness program • Demonstrate ways to train the muscular and cardiovascular systems • Develop core support, turnout, and efficient use of the spine, arms, and legs to enhance dance movements and protect the body • Demonstrate kinesthetic awareness of dance elements and techniques through dance conditioning • Demonstrate and refine appropriate exercise techniques for a variety of dance conditioning activities • Demonstrate ways to safely and effectively increase flexibility • Demonstrate understanding of the relationship between body conditioning and somatic approaches to technical and expressive skills <p>Reason and reflect</p> <ul style="list-style-type: none"> • Examine how psychological factors influence dance training and performance • Identify, apply, and reflect on strategies for pursuing personal fitness and dance-related goals • Analyze and critique dance aesthetics in relation to anatomical function • Analyze health messages from a variety of sources and describe their potential influences on health and well-being • Reflect on personal and social responsibility toward self, others, and place 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> • anatomical terminology • body conditioning • anatomically and developmentally sound movement principles • spatial and kinesthetic awareness • somatic approaches • skeletal system, including bones and joints • different types and functions of connective tissue • relationships between energy systems and muscle-fibre types • planes of movement • movement actions • components of fitness • ways to monitor and adjust physical exertion levels • principles of fitness program design • effects of different types of fitness activities on the body • influences of dance conditioning on performance • performance-enhancing supplements and drugs • exercise safety and etiquette

Learning Standards (continued)

Curricular Competencies	Content
<p>Communicate and document</p> <ul style="list-style-type: none"> • Examine and describe how muscles produce movement in different parts of the body and how to train those muscles • Examine and document the relationships between healthy eating, overall health, and performance in dance activities • Analyze and describe how different types of fitness activities influence the muscular and cardiovascular systems <p>Connect and expand</p> <ul style="list-style-type: none"> • Examine cultural perspectives, protocols, ways of knowing, and movements to enhance dance conditioning activities • Research personal, educational, and professional opportunities related to dance conditioning • Consider personal safety, injury prevention and care, and physical health when engaged in dance conditioning activities • Demonstrate leadership skills in different types of dance conditioning activities 	