

Dance Techniques 1- 0300310

	Week	Major Concepts / Topics	Possible Resources
Quarter 1	1	Rules & Procedures	Terms to know: plie', tendu, degage, rond de jambe, battement, triplet, contraction, spiral, over curve, under curve, jazz walk, isolation, chasse, pirouette, pivot People to know: The Ballet Russe, Isadora Duncan, Ruth St Denis, Ted Shawn, Martha Graham, Bob Fosse
	2	Intro to Ballet: Positions of the feet & arms, posture, basic ballet barre	
	3	Intro to Ballet: basic ballet barre & center	
	4	Intro to Ballet + Performance Assessment (basic center port de bras & tendu combination)	
	5	Intro to Modern Dance: Movement of the spine, body halves, lateral movement	
	6	Intro to Modern Dance: Graham Basics	
	7	Intro to Modern Dance + Performance Assessment (prances, swings, triplets etc)	
	8	Intro to Jazz Dance: jazz walks , isolations, chasse'	
	9	Intro to Jazz Dance: pirouette, pas de bourre, battement, leap	
	10	Intro to Jazz Dance + Performance Assessment (battement, chasse', jazz walks) Terminology Assessment	
	Week	Major Concepts / Topics	Possible Resources
Quarter 2 Oct 20 – Dec 18	1	Ballet: review posture, barre	Terms to know: frappe', fondu, changement, petit allegro, adagio, improvisation, choreography, choreographer, dynamics, ABBA People to know: George Balanchine, Jose' Limon, Gus Giordano, Michael Jackson
	2	Ballet: focus on turn-out and using the feet	
	3	Ballet: Assessment- petit allegro	
	4	Modern: Improvisation	
	5	Modern: Intro to choreography	
	6	Modern: Assessment- ABBA	
	7	Jazz: Commercial	

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	8	Jazz: Broadway	
	9	Jazz: Assessment- commercial Jazz Mid Term Assessment	
Quarter 3 Jan 6 – Mar 17	Week	Major Concepts / Topics	Possible Resources
	1	Performance Rehearsal & Technique Class	Terms to know: ALL parts of the stage, critique, Ballet Terms Project: Dance Company Research
	2	Performance Rehearsal & Technique Class	
	3	Performance Rehearsal & Technique Class	
	4	Performance Rehearsal & Technique Class	
	5	Performance Rehearsal & Technique Class	
	6	Performance Rehearsal & Technique Class	
	7	Performance Rehearsal & Technique Class	
	8	Performance Rehearsal & Technique Class	
	9	Performance Rehearsal & Technique Class Performance Assessment	
Quarter 4 Mar 29 – May 26	Week	Major Concepts / Topics	
	1	Performance Rehearsal & Technique Class	Terms to know: Review ALL Project: Dance History Timeline
	2	Performance Rehearsal & Technique Class	
	3	Performance Rehearsal & Technique Class	
	4	Performance Rehearsal & Technique Class	
	5	Performance Rehearsal & Technique Class	
	6	Performance Rehearsal & Technique Class	
	7	Performance Rehearsal & Technique Class	

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	8	Performance Rehearsal & Technique Class	
	9	Performance Rehearsal & Technique Class Performance Assessment & District Exam	

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