

PE Beginning Dance

Grades 10-12

PE Beginning Dance introduces students to the fundamentals of dance including choreography and performance. It is designed to provide students with knowledge and technique in Social Dances, Ballet, and Jazz. Students in this course will also study the history and characteristics that make each dance style unique. Students will perform in our end of year dance show. Attendance at rehearsals and performances is mandatory.

Necessary Skills

Upon entering the course, students should be able to:

- No prior dance experience is necessary
- Take notes and organize a notebook independently and routinely

Workload Expectations

- One hour a week is dedicated to fitness
- Complete folder assignments with various course relevant fitness and dance topics
- Write dance critiques
- Complete fitness tests (mile run, flexibility sit & reach, curl ups, push-ups, and BMI)
- Design a month long personal fitness project
- Complete group and individual choreography projects
- Attend after school rehearsals the week of the dance show (in May)

Course Notes

10 units

Level of Difficulty: Moderate

Recommended Preparation

No prior dance experience is necessary.

Estimated Homework

0-10 minutes weekly. Any unfinished folder work will need to be completed at home.

Homework lengths will differ according to a student's reading and writing proficiency

Learner Profile

Successful RBV Dance students are:

- Motivated
- Open-minded
- Caring
- Reflective
- Responsible

Course Objectives

This course is designed to introduce students to the art of dance. It will expose students to dance as a lifelong fitness activity and allow them to explore various other fitness options.