

PE Intermediate Dance

Grades 9-12

PE Intermediate Dance is a continuation course from PE Beginning Dance. Students will build on prior knowledge, and greatly improve their technique in Ballet, Jazz and Tap. The elements of dance (space, time, force) and choreography will be embedded throughout the course. Emphasis will be placed on body awareness and proper alignment at all times. Students will also explore topics pertinent to dance and fitness such as injury prevention, health components and principles of training. Students will be expected to write and complete dance projects in this class. Students will perform in our end of the year dance show. Attendance at rehearsals and performances is mandatory.

Necessary Skills

Upon entering the course, students should be able to:

- Audition is required for this course (Audition usually in April)
- Take notes and organize a notebook independently and routinely
- Perform basic dance steps

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

Audition Required
PE Beginning Dance or Dance 1

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 improve students dance skills. It will expose students to dance as a lifelong fitness activity and allow them to explore various other fitness options.