

# Technique and Application

Students will develop a range of physical skills associated with dance performance and demonstrate an intellectual and physical understanding of safe, expressive dance technique. Through study of the principles, processes, and structures of dance composition, students will creatively design and implement choices that support the intent of their choreographic concepts. Students will participate in all aspects of dance production.

	Grade Six	Grade Seven	Grade Eight
<p><b>12</b></p> <p><b>Safety and injury prevention</b></p>	<p>6.12</p> <p>The student will identify and apply best practices for dance safety and injury prevention, including the following:</p> <ul style="list-style-type: none"> <li>a) Safety procedures in all dance settings and facilities.</li> <li>b) Fundamental training practices (e.g., warm-up, cool-down, safe stretching techniques).</li> <li>c) Performance practices that promote safe technique for injury prevention.</li> <li>d) Nutrition and hydration.</li> <li>e) Appropriate dance attire.</li> </ul>	<p>7.12</p> <p>The student will describe and apply best practices for dance safety and injury prevention, including the following:</p> <ul style="list-style-type: none"> <li>a) Safety procedures in all dance settings and facilities.</li> <li>b) Fundamental training practices (e.g., warm-up, cool-down, safe stretching techniques).</li> <li>c) Correct alignment for injury prevention.</li> <li>d) Nutrition and hydration.</li> <li>e) Appropriate dance attire.</li> </ul>	<p>8.12</p> <p>The student will explain and apply best practices for dance safety and injury prevention, including the following:</p> <ul style="list-style-type: none"> <li>a) Safety procedures in all dance settings and facilities.</li> <li>b) Fundamental training practices (e.g., warm-up, cool-down, safe stretching techniques).</li> <li>c) Correct alignment for injury prevention.</li> <li>d) Nutrition and hydration.</li> <li>e) Appropriate dance attire.</li> </ul>
<p><b>13</b></p> <p><b>Choreography</b></p>	<p>6.13</p> <p>The student will identify and practice elements of dance in short choreographic sequences, including but not limited to body, energy, action, space, and time.</p>	<p>7.13</p> <p>The student will develop and perform short choreographic sequences that manipulate body, action, space, time, and energy.</p>	<p>8.13</p> <p>The student will create and perform choreographic sequences that manipulate body, energy, action, space, and time.</p>

<p><b>14</b></p> <p><b>Movement and kinesthetic awareness</b></p>	<p>6.14</p> <p>The student will identify movement skills and kinesthetic awareness.</p> <ul style="list-style-type: none"> <li>a) Correct alignment while performing axial movements, including bending, twisting, swinging, and stretching.</li> <li>b) Correct alignment while performing basic locomotor sequences, including walking, running, hopping, jumping, leaping, galloping, skipping, and sliding.</li> <li>c) Dance technique skills, including but not limited to, alignment, endurance, strength, range of motion, coordination, and balance.</li> </ul>	<p>7.14</p> <p>The student will describe and apply movement skills and kinesthetic awareness.</p> <ul style="list-style-type: none"> <li>a) Correct alignment while performing static and dynamic movement.</li> <li>b) Dance technique skills, including strength, flexibility, coordination, balance, and endurance, in response to visual and vocal prompts.</li> </ul>	<p>8.14</p> <p>The student will explain and apply movement skills and kinesthetic awareness.</p> <ul style="list-style-type: none"> <li>a) Correct alignment while performing static and dynamic movement.</li> <li>b) Dance technique skills, including strength, flexibility, coordination, balance, and endurance, in response to visual and vocal prompts.</li> </ul>
<p><b>15</b></p> <p><b>Styles of dance</b></p>	<p>6.15</p> <p>The student will identify movement techniques of a variety of dance styles.</p>	<p>7.15</p> <p>The student will perform simple movement phrases of a variety of dance styles.</p>	<p>8.15</p> <p>The student will perform movement phrases of a variety of dance styles.</p>
<p><b>16</b></p> <p><b>Performance skills</b></p>	<p>6.16</p> <p>The student will identify performance skills, including but not limited to, dynamics, rhythmic acuity, and musicality.</p>	<p>7.16</p> <p>The student will describe performance skills, including but not limited to dynamics, rhythmic acuity, and musicality.</p>	<p>8.16</p> <p>The student will explain and apply performance skills, including but not limited to dynamics, rhythmic acuity, and musicality.</p>

<p><b>17</b></p> <p><b>Dance production</b></p>	<p>6.17</p> <p>The student will identify and explore various production activities, including but not limited to publicity, running crew, costume crew, and strike.</p>	<p>7.17</p> <p>The student will describe and explore various production activities, including but not limited to publicity, running crew, costume crew, sound, lighting, and strike.</p>	<p>8.17</p> <p>The student will explain and explore various production activities, including but not limited to publicity, running crew, costume crew, sound, lighting, and strike.</p>
---	---	--	---