**High School Course I Rhythms and Dance**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **– High School/Dance**

**RHYTHMS AND DANCE**

***Focus Points:***

1. Value of dance historically and currently as a social outlet, an aerobic exercise and an art.
2. How local popularity of various dances has led to dance clubs for country-western, ballroom, swing, disco and Latin dancing.
3. How cultures have their own dances such as the mambo and tango.

***Skills:***

1. Basic locomotion – step, run, skip, slide, gallop
2. Basic dance formations – line, circle, square, file, longways, or contra
3. Basic dance positions – two hands joined and facing, promenade, varsouvienne, open social dance, closed social dance
4. Basic dance steps – two step, polka, waltz, Schottische, mazurka

***History:***

Dance has evolved over thousands of years from a form that might once have been ceremonial to one that is social or artistic. Cultural differences, the music of the time, the clothing people wear, and the social mores of the day all influence the type of dance that evolves and the place that dance has in the culture.

Imagine hip-hop danced to Baroque music by dancers in corsets and hoop dresses. Impossible! Imagine ballet performed by dances in clogs and a chador. Impossible! Imagine men and women dancing in a close embrace when they are from cultures that frown on men and women associating together unless they are married. Impossible!

***Strategies:***

1. Follow calls
2. Follow a line of direction
3. Synchronizing with large groups
4. Staying on the beat
5. Picking up the rhythm of specific songs
6. Identifying dances based on music
7. Assign partnering responsibilities (leading, following, counterbalancing, going home, etc…)
8. Encourage creative exploration
9. Creating dance routines to favorite music
10. Creating a modern dance sequence
11. Taking movement sequence and playing with size, speed and flow

***Assessment:***

1. Performance rubric
2. Student created dance
3. Peer Checklist
4. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music.”