

Discipline: Dance

Artistic Process: Performing

Anchor Standard 5: Develop and refine artistic technique and work for presentation.

Process Component: Embody

Enduring Understanding: T6-63T5.7si 1 Tf () Tj ET Q Q q 12 12 768 588 re W n /Cs1 cs 0.854902 0.9333333 0.9529412 sc

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Discipline: Dance Artistic Process: Performing Anchor Standard 5: Develop and refine artistic technique and work for presentation. Process Component: Embody Enduring Understanding: Dancers use the mind-body connection and develop the body as an instrument for artistic expression Essential Question: What must a dancer do to prepare the mind and body for artistic expression?		
6 th DA:Pr5.1.6	7 th DA:Pr5.1.7	8 th DA:Pr5.1.8
<p>a. Embody technical dance skills (for example, alignment, coordination, balance, core support, kinesthetic awareness, clarity of movement) to accurately execute changes of direction, level, facings, pathways, elevations and landings, extensions of limbs, and movement transitions.</p> <p>b. Apply basic anatomical knowledge, proprioceptive feedback, spatial awareness, and nutrition to promote safe and health strategies when warming up and dancing.</p> <p>c. Collaborate as an ensemble to refine dances by identifying what works and does not work in executing complex patterns, sequences, and formations. Solve movement problems to dances by testing options and finding good results. Document self-improvements over time.</p>	<p>a. Apply body use strategies to accommodate physical maturational development to technical dance skills (for example, functional alignment, coordination, balance, core support, kinesthetic awareness, clarity of movement, weight shifts, flexibility/range of motion).</p> <p>b. Utilize healthful practices and sound nutrition in dance activities and everyday life. Discuss benefits of practices and how choices enhance performance.</p> <p>c. Collaborate with peers to practice and refine dances. Develop group performance expectations through observation and analysis (for example, view live or recorded professional dancers and collaboratively develop group performance expectations based on information gained from observations).</p>	<p>a. Embody technical dance skills (for example, functional alignment, coordination, balance, core support, clarity of movement, weight shifts, flexibility/range of motion) to replicate, recall, and execute spatial designs and musical or rhythmic dance phrases.</p> <p>b. Evaluate personal healthful practices in dance activities and everyday life including nutrition and injury prevention. Discuss choices made, effects experienced, and methods for improvement.</p> <p>c. Collaborate with peers to discover strategies for achieving performance accuracy, clarity, and expressiveness. Articulate personal performance goals and practice to reach goals. Document personal improvement over time (for example, journaling, portfolio, or timeline).</p>

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<p>HS Proficient</p> <p>DA:Pr5.1.HS.I</p>	<p>HS Accomplished</p> <p>DA:Pr5.1.HS.II</p>	<p>HS Advanced</p> <p>DA:Pr5.1.HS.III</p>
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