

Dance Your heART Out Curriculum Plan

Primary Art Form: Dance / creative movement

Core Content/ Curriculum Area: Dance, Dramatic Arts/ Theatre

Grade Level(s) served: Grade 6-8, Grade 9-12

Number of Students Served: 25-30

Program Length: 45-60 min

Program Content Description: Embark on a captivating journey into the world of creative movement with Dance Your heART Out, a program designed to seamlessly blend dance and theater arts. This is a celebration of expression through abstract movement where students will delve into the fascinating realm of self-discovery, exploring life lessons that extend beyond the dance floor.

Our curriculum places a spotlight on: essential values, emphasizing confidence and authentic expression, the significance of retaining knowledge, and diverse avenues for releasing energy in uplifting and energetic ways. Through engaging lessons, participants will not only enhance their performance skills but also cultivate qualities that contribute to personal growth.

Join us in creating a space where the art of dance becomes a transformative experience, shaping not just better performers but better individuals. This program is a unique fusion of artistic expression and life lessons, offering students a holistic journey that transcends the boundaries of traditional dance education.

Skills:

Confidence in Movement through Expression: Develop a heightened sense of self-assurance in expressing emotions and ideas through movement, fostering a deeper connection with one's own body and artistic voice.

Musicality: Hone the ability to interpret and synchronize movement with music, cultivating a strong sense of musicality that enhances the overall quality and impact of performances.

Freestyling/Improvisation: Master the art of spontaneous expression through freestyling and improvisation, empowering students to think on their feet and unleash their creativity in the moment.

Retaining Choreography: Acquire effective techniques for memorizing and retaining choreography, developing a disciplined approach to learning and performing dance routines.

Exploration of Identity, Leadership, and Teamwork: Delve into a safe and supportive space that encourages self-discovery, allowing students to explore their identity, build leadership skills, and foster collaboration through teamwork.

The "Dance Your heART Out" program is not just about dance; it's a holistic experience that equips students with a diverse skill set, empowering them to navigate both the artistic and personal dimensions of their lives with confidence and creativity.

Activities:

Welcoming Program Expectations: Each session begins with a warm and inclusive welcome, setting the tone for a positive and supportive learning environment. Clearly outline program expectations, fostering a sense of community among participants.

Stretching and Breathing Exercises: Rejuvenating stretching and breathing exercises prepare the body and mind for the expressive and dynamic movements. These activities promote focus, and a mindful connection to one's own body.

Warm-Ups: Invigorating warm-up routines are designed to elevate heart rates, enhance circulation, and prepare muscles for the creative and energetic dance expressions to follow. Warm-ups contribute to a safe and effective dance practice.

Learning Choreography: Students will explore various dance styles, movements, and sequences, gradually building proficiency and confidence in expressing themselves through structured routines.

Showcase Time: Students have the chance to perform and showcase the skills they've cultivated during the class. This culminating event celebrates individual and collective achievements, creating a platform for participants to shine.

Freestyle Circles: Students are encouraged to express themselves freely through improvised movements. These circles provide a space for self-expression and mutual inspiration, fostering a vibrant and supportive dance community.

Meditation: Cultivate a mindful and centered state through guided meditation sessions. These moments of introspection provide a valuable opportunity for self-reflection, helping participants connect with their inner selves and find a sense of calm amidst the creative energy of dance.

Curriculum Standards:

Grade 6-8

MSD.CR.1.bApply dance technique to choreography.

MSD.PR.3.dUnderstand the importance of appropriate warm-up and cool-down within a dance technique class.

MSD.PR.4.cDemonstrate musicality while performing and creating dance phrases.

MSD.RE.1.cDevelop and communicate personal interpretation of a choreographed work

MSD.RE.1.fEngage in self-reflection and self-assessment as creator and performer.

MSD.CN.2.dDemonstrate how dance builds physical and emotional well-being (e.g. positive body image, physical goals, creative goals, focus/concentration).

Grade 9-12

Dance/ Movement

DHSDC.CR.1Demonstrate an understanding of creative/choreographic principles, processes, and structures.

DHSDC.CR.2.bIdentify and demonstrate the use of theme through movement

DHSDC.PR.2Understand and model dance etiquette as a classroom participant, performer, and observer.

DHSDC.PR.4Understand and apply music concepts to dance.

DHSDC.RE.1Demonstrate critical and creative thinking in all aspects of dance

DHSDC.CN.2Recognize connections between dance and wellness.

DHSDC.CN.3Demonstrate an understanding of dance as it relates to other areas of knowledge.

DHSDT.PR.1.eDemonstrate the ability to transfer weight, change direction, and maintain balance

Requirements

Instructor: The instructor should have access to a portable speaker to enhance the dance experience.

Students/Participants: Students are required to wear comfortable clothing and closed-toe shoes suitable for movement.

Space: An open area with dance-appropriate flooring is necessary for safe and effective dance activities. While mirrors are appreciated for self-reflection, they are not mandatory for the program.