

DANCE I

Anatomy / Basics / General Movement

- ▽ Muscles and Bones
- ▽ Alignment
- ▽ How to stretch, stand, and move efficiently
- ▽ Classroom Etiquette and Expectations : rotation work in class, properly dressed and prepared, respectful of others, quiet and attentive
- ▽ Basic Motor Skills - skipping, hopping, and more
- ▽ Basic concepts of cardiovascular fitness, muscle conditioning, etc.
- ▽ Injury prevention
- ▽ Perform effective Warm-up / Cool down
- ▽ Basic music - charting, counting, rhythmic awareness

Folk and Social Dance

- ▽ Explore various dances of the world:

Hukilah	Foxtrot
Hora	Two-step
Merengue	Cotton-eyed Joe
Misirliou	Tarantella
Waltz	
- ▽ Compare and Contrast - Analyze characteristics: costuming, movement characteristics, social differences, origin of movement (purpose),

Ballet

- ▽ History
- ▽ Basic movements (in performance and terminology): pli , tendu, rond de jambe, battement, jet , pique, chaines, pas de bourr e, arabesque, attitude, chasse, sotee, glissade, all 5 positions of the feet and arms, pirouette, assemble
- ▽ Pioneers, choreographers, dancers

Jazz

- ▽ History
- ▽ Basic movements (in performance and terminology): jazz run, jazz square, isolations, pas de bourr e, jet  (saut de chat), pirouette in parallel

DANCE I

- ▽ Pioneers, choreographers, dancers
- ▽ Differentiation between hip-hop, classical jazz, lyrical, musical theatre

Fitness

- ▽ Cardiovascular training
- ▽ Strengthening - weights and without
- ▽ Injury prevention and rehabilitation
- ▽ Appropriate workout techniques
- ▽ Nutrition
- ▽

Modern

- ▽ History
- ▽ Basic movements (in performance and terminology): fall and recovery, contraction, drop swing, release,
- ▽ Pioneers, choreographers, dancers

Choreography

- ▽ Dance elements: time, space, energy, shape, dynamics
- ▽ Create original movement through improvisational activities
- ▽ Create a composition based on compositional forms: floor patterns, levels, focus, transition, theme, rhyme
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