

Medicine Hat High School

Locally Developed Course

Dance 9

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Course Purpose and Description

The purpose of the Dance 9 course is to offer an active lifestyle option that complements the Physical Education curriculum for Grade 9 students, both boys and girls. Our current PE course is offered in one semester only and this would provide Grade 9 students with an opportunity to have regular daily physical activity throughout the entire year.

Rationale for the course

This course is intended to provide enhanced learning opportunities for all students who are interested in exploring the field of dance. The course would provide an opportunity for students to develop their basic skills in dance and offer the students exposure to both dance as an active personal lifestyle activity and as a performance skill. A portion of the course would focus on dance associated with Musical Theatre to enhance opportunities for students to participate in the Performing Arts at Medicine Hat High and in the community.

Currently we have 2 PE options, Outdoor and Environmental Education 9 and Sports Prep 9. The curriculum of these two courses generally appeals to boys and we have a limited number of grade 9 girls who pursue either option. Dance would likely have a greater appeal to many of our girls who currently find minimal attraction in the existing senior physical education courses.

Course Organization

The course will be offered for one semester on a daily basis. Dependent on the number of registrations and interest, the class may be run in conjunction with our new initiative to expand our current Physical Education program with the addition of a Senior High Dance class (Physical Education 20/30 – Dance).

Delivery of the course will focus on movement, activity, dance technique and rhythm. It will include components of performance and choreography to offer opportunities for personal creativity. A variety of dance genres will be explored with an emphasis on the importance of dance as a means of personal and cultural expression.

General Learner Outcomes

The following learner outcomes are derived from the Alberta Education Physical Education curriculum and focus on the **ABCD** of the program of studies (**A**ctivity, **B**enefits Health, **C**ooperation and **D**o it Daily for Life).

Fitness and Activity

- participate regularly in, and realize the benefits of, an active lifestyle
- demonstrate, monitor and analyze ways to achieve a personal functional level of physical fitness
- design and implement a personal fitness and activity plan, using the principles of training: frequency intensity, duration
- design safe movement experiences that promote an active, healthy lifestyle
- analyze, design and perform warm-up and cool-down activities

Dance Technique

- apply the principles of dance to improve performance
- apply and refine locomotor skills and concepts to a variety of activities with increased control by using elements of body and space awareness, effort and relationships to improve personal performance
- select and perform appropriate dance activities for personal stress management and relaxation
- select and apply rules, routines and procedures for safety in dance activities from all movement dimensions

Teamwork

- develop and apply practices that contribute to teamwork
- identify and demonstrate positive behaviours that show respect for self and others
- determine and articulate challenging personal and team goals based on interests and abilities

- evaluate how dance can provide different ways to achieve an activity goal, and determine personal and team approaches that are challenging for both the individual and the group
- evaluate community dance programs that promote physically active lifestyles and how they meet local needs

Choreography and Creativity

- create, refine and present a variety of dance sequences; e.g., jazz, square, social and novelty, alone and with others
- choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns
- choreograph, perform and critique dance for self and others; e.g., jazz, social and novelty

Health Benefits

- develop strategies to counteract influences that limit involvement in physical activity
- design, monitor and personally analyze nutrition programs that will affect physical performance
- analyze and explain the effects that nutrition, fitness and physical activity have on body systems before, during and after exercise
- monitor, analyze and assess fitness changes as a result of physical activity
- develop a personal plan that encourages participation and continued motivation

Performance Evaluation

The main areas of assessment will be on

- **Fitness and Activity.** Students will assess and monitor their general fitness level.
- **Dance Technique.** Students will focus on flexibility, strength, rhythm and mobility.
- **Teamwork and Cooperation.** Students will analyze their contributions to effective teamwork.
- **Choreography and Creativity.** Students will engage in objective assessments of their personal dance skill set and their fitness strengths and weaknesses. They will establish performance goals and evaluate the success of their personal training program.
- **Health Benefits.** Students will be expected to establish self-evaluation and goal setting plans, develop short and long-term fitness goals, and demonstrate an understanding of mental discipline required for training.

Participant Costs

The fee for the course would be \$55. This is the same fee that students in Physical Education 20/30 - Dance would pay.