

~Week at a Glance~

Week 1: Introduction to Dance

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Grade	Objective	Vocabulary	Lesson/ Song/ Activity
1	I can name 4 elements of dance.	<p>First Position- Feet are together toes facing front Second Position- Feet are wide just outside of shoulder distance, toes facing front. Plie- to bend at the knees *low to the floor B.E.S.T.- Body, Energy, Space, Time</p>	<p>★ Introduction to dance; procedures/ expectations</p> <ul style="list-style-type: none"> ○ Chicken Dance ○ Freeze Dance
2	I can name 4 elements of dance.	<p>First Position- Feet are together toes facing front Second Position- Feet are wide just outside of shoulder distance, toes facing front. Plie- to bend at the knees *low to the floor B.E.S.T.- Body, Energy, Space, Time</p>	<p>★ Introduction to dance; procedures/ expectations</p> <ul style="list-style-type: none"> ○ I like to Move it ○ Dynamite ○ Freeze Dance
3	I can identify 4 elements of dance.	<p>First Position- Feet are together toes facing front Second Position- Feet are wide just outside of shoulder distance, toes facing front. Plie- to bend at the knees *low to the floor B.E.S.T.- Body, Energy, Space, Time “B” is for BODY: The “what” (Our dance instrument!) AND “E” is for Energy: The “How” (Ex: dynamics, quality, force, weight)</p>	<p>★ Introduction to dance; procedures/ expectations ★ Across the Floor practice ★ Engagement Dances: <ul style="list-style-type: none"> ○ Continental Drift ○ Freeze Dance </p>
4	I can identify 4 elements of dance.	<p>First Position- Feet are together toes facing front Second Position- Feet are wide just outside of shoulder distance, toes facing front. Plie- to bend at the knees *low to the floor B.E.S.T.- Body, Energy, Space, Time “B” is for BODY: The “what” (Our dance instrument!) AND “E” is for Energy: The “How” (Ex: dynamics, quality, force, weight)</p>	<p>★ Introduction to dance; procedures/ expectations ★ Across the Floor practice ★ Engagement Dance <ul style="list-style-type: none"> ○ Celebrate </p>
5	I can identify 5 elements of dance.	<p>First Position- Feet are together toes facing front Second Position- Feet are wide just outside of shoulder distance, toes facing front. Plie: To bend at the knees “Low to the floor” B.E.A.S.T.- Body, Energy, Action, Space, Time “B” is for BODY: The “what” (Our dance instrument!) AND “E” is for Energy: The “How” (Ex: dynamics, quality, force, weight)</p>	<p>★ Introduction to dance; procedures/ expectations ★ Across the Floor practice ★ Engagement Dances: <ul style="list-style-type: none"> ○ B.E.A.S.T Dance </p>