**Area of Learning: ARTS EDUCATION — Dance: Dance Conditioning Grade 11**

**BIG IDEAS**

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| **Dance conditioning** for improved physical performance requires commitment, perseverance, and resilience. |  | Knowing about the human body empowers dancers in their technical and artistic training. |  | Personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. |  | Dance is an art form that combines flexibility, strength, and endurance. |  | Personal choices influence our mental, physical, and artistic well-being. |

**Learning Standards**

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| **Curricular Competencies** | **Content** |
| *Students are expected to be able to do the following:*  Explore and create   * Participate in physical activitiesdesigned to maintain or enhance overall  fitness and improve dance performance * Create and implement a **personalized fitness program** * Demonstrate ways to train the **muscular and cardiovascular systems** * Develop core support, turnout, and efficient use of the spine, arms, and legs  to enhance dance movements and protect the body * Develop and demonstrate appropriate exercise techniques for a variety of dance conditioning activities * Demonstrate ways to safely and effectively increase flexibility * Explore the relationship between body alignment and injury prevention   Reason and reflect   * Identify and apply strategies for pursuing personal fitness and dance-related goals * Plan ways to overcome potentialbarriers to participation in dance  conditioning activities * Identify health messages from a variety of **sources** and describe their  potential influences on health and well-being * Demonstrate awareness of personal and social responsibility toward self, others, and **place** | *Students are expected to know the following:*   * **anatomical terminology** * **body conditioning** * anatomically and developmentally sound **movement principles** * spatial and **kinesthetic awareness** * **somatic approaches** * skeletal system, including **bones and joints** * different types of muscle, including **cardiac and  skeletal muscle** * different types and functions of **connective tissue** * **planes of movement** * **movement actions** * components of an **exercise session** * **components of fitness** * **principles of fitness program design** * **effects of different types of fitness activities** on the body * influences of food choices and eating patterns on dance performance and overall health * **performance-enhancing supplements and drugs** * exercise **safety and etiquette** |

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**Learning Standards (continued)**

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| **Curricular Competencies** | **Content** |
| Communicate and document   * Identify and describe the relationships between healthy eating, overall health,  and performance in dance conditioning activities * Identify and describe how different types offitness activities influence the muscular and cardiovascular systems   Connect and expand   * Explore cultural perspectives, **ways of knowing**, and movements to enhance dance conditioning activities * Consider personal safety, injury prevention and care, and physical health  when engaged in dance conditioning activities |  |