**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
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