**Area of Learning: ARTS EDUCATION — Dance: Dance Conditioning Grade 12**

**BIG IDEAS**

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| **Dance conditioning** for improved physical performance requires commitment, perseverance, and resilience. |  | Deepening their knowledge of the human body empowers dancers in their technical and artistic training. |  | Following proper training guidelines and techniques can help dancers reach their health, fitness, and dance-specific goals. |  | Dance requires a high level of physical fitness for the creation and performance of artistic works. |  | 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, implement, and reflect on 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 * Demonstrate kinesthetic awarenessof dance elements and techniques through dance conditioning * Demonstrate and refine appropriate exercise techniques for a variety of dance conditioning activities * Demonstrate ways to safely and effectively increase flexibility * Demonstrate understanding of the relationship between body conditioning  and somatic approaches to technical and expressive skills   Reason and reflect   * Examine how **psychological factors** influence dance training and performance * Identify, apply, and reflect on strategies for pursuing personal fitness and  dance-related goals * Analyze and critique dance aesthetics in relation to anatomical function * Analyze health messages from a variety of **sources** and describe their potential influences on health and well-being * Reflect on 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 and functions of **connective tissue** * relationships betweenenergy systems and **muscle-fibre types** * **planes of movement** * **movement actions** * **components of fitness** * **ways to monitor and adjust physical exertion levels** * **principles of fitness program design** * **effects of different types of fitness activities** on  the body * influences of dance conditioning on performance * **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   * Examine and describe how muscles produce movement in different parts of the body and how to train those muscles * Examine and document the relationships between healthy eating, overall health,  and performance in dance activities * Analyze and describe how different types offitness activities influence the muscular and cardiovascular systems   Connect and expand   * Examine cultural perspectives, protocols, **ways of knowing**, and movements  to enhance dance conditioning activities * Research personal, educational, and professional opportunities related to  dance conditioning * Consider personal safety, injury prevention and care, and physical health  when engaged in dance conditioning activities * Demonstrate **leadership skills** in different types of dance conditioning activities |  |