

*Essential skills and knowledge for this Davis School District course***Physical Foundations**

- a. Understand the need for proper nutrition, adequate hydration, sleep, conditioning, and injury prevention.
- b. Develop strength, endurance, flexibility, coordination, and agility.

Elements of Dance

- a. Understand the spatial concepts of dance.
- b. Understand the time concepts of dance.

Creative and Choreographic Processes

- a. Utilize unison, contrast, transition, repetition, and variety.
- b. Improvise within an identified structure.

Meaning of Dance

- a. Appreciate that dance communicates meaning.
- b. Recognize that music and sound affect the meaning of dance.
- c. Value the cultural expressions and ageless nature of dance.

The development of proficiency in any art form requires a steady sequential study and development of skills. The basic concepts of *Dance* are the same from beginning through intermediate to advanced study. Although the fundamental concepts are the same, the level of ability in skill and performance will increase over time. Even though the progress to more advanced study occurs, attention to the fundamental skills and practices of the art form are found at every level.