**HIGH SCHOOL PE – BASHAW SCHOOL – DANCE**

*Gr 10 – Group Dance with Ball and related skills*

Integrating either a soccer ball or basketball (or multiple) you and your group are to create a dance that demonstrates:

* no less than three essential skills of the respective sport (ie. Crossover, drive, and lob pass)
* fills a variety of spaces (using at least two dance formations) and levels (ie. High-med-low)
* dance moves from a recognized genre, timed to 8-beats (ie. Hip hop, ballet)
* at least one tempo change

The dance should last 120 to 150 seconds.

We will also be doing swing dance and two line dances in our time together.

*Gr 11 - Line Dance with Additions*

Your task is to learn a line dance of your choice (not “My Maria” or “The Git Up”) and demonstrate a 32 bar progression. You will record it, to music, and show yourself meeting the requirements of it. Attach or include a link to a video or step sheet that you used to learn the dance.

THEN

Add 16 bars of your own creation that fits within the scope of your chosen dance. That is to say, for a song like “My Maria”, you would add flowing movements, cha-chas, spins, etc but probably not a backflip. Props may be used in this progression.

We will also be doing swing dance and the aforementioned two line dances in our time together.

*Gr 12 – Full created dance choreography*

You will independently create a unique dance using a variety of movements and spaces to demonstrate:

* a recognized dance style (ie. Jazz, cultural such as Ukrainian, stomp, ballroom) should be central to your choreography but it should include elements of at least one other
* fills a variety of spaces and levels (ie. High-med-low) and a variety of locomotor and non-locomotor movements
* choreography reflecting the musical composition and (if applicable) lyrical content is expressive, coherent, consistent with the theme, and coordinated with music
* all of footwork, body movement, and arm movement should be broken down and taught
* effective patterns, timing, and transitions
* exudes confidence and enthusiasm

We will also be doing swing dance and two line dances in our time together.