

Ballroom 1 Standards Checklist

Term 1

- I can exemplify common dance etiquette during and outside of class.
- I can practice with a partner and evaluate good partnering skills in the different styles of ballroom dance.
- I can dance in a formation or group of students.
- I can implement plans for my personal health while dancing. Such plans can encourage safety, injury prevention, and proper hygiene for everyday life.
- I can create and achieve personal dance goals.
- I can investigate new perspectives and realizations through ballroom dance.
- I can identify patterns and ideas in ballroom dance with my other classes.

Unit _____ + _____

- I can lead and/or follow the steps taught to me and recognize possible style preferences and strengths.
- I can improvise and choreograph step sequences that exemplify the dance style's preferences and strengths.
- I can collaborate with a partner or practice by myself to improve ballroom dance posture and position.
- I can execute correct ballroom posture and position in all styles of ballroom dance with or without a partner.
- I can dance with a partner and execute proper floor craft with awareness of others on the dance floor or stage.
- I can improve my dancing during technical practices to create accented and enhanced movements.
- I can dance a variety of ballroom dance figures, genres, and styles using proper visualization techniques.
- I can perform with accuracy and clarity with a partner.
- I can *Keep* what worked, *Improve* what did not, *Stop* what was wrong, and *Start* what is right. (KISS)
- I can use appropriate etiquette while dancing and accept and apply feedback.
- I can dance, identify, and relate to various ballroom dances.
- I can assess the effectiveness of a ballroom performance using content, context, genre, style, and/or cultural movement practices.
- I can compare and use ballroom dancing with cultural questions, themes, or problems.

Ballroom 1 Standards Checklist

Term 2

- I can use ballroom terminology to articulate and justify my figure choices.
- I can design a sequence of level 1 figures and discuss its artistic intent.
- I can write or use media to recognize rhythms, footwork, directions, and other elements of ballroom dance.
- I can recognize different ballroom dance phrasing and dance the various timings.
- I can demonstrate leadership qualities when working in groups.
- I can perform a ballroom dance with artistic intent.
- I can recognize and compare the different ballroom dances and their artistry.
- I can identify elements of ballroom dancing within various cultures.
- I can use ballroom dance terminology to discuss and analyze ballroom dancing.
- I can analyze the expression of a ballroom dance performance both objectively and subjectively.
- I can compare and contrast ballroom dance genres, styles, and histories.

Unit _____ + _____

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