

# Dance 1 Syllabus

## Course Description/Goals:

In Dance I, students will address the elements of advanced dance skills in the areas of Ballet, Jazz, Drill Team, Lyrical and Modern Dance. Students are taught creative expression through movement, awareness of space, time and energy as design factors in dance technique and composition. Focus is on development of self-confidence and an appreciation of dance as an art form. Participants have opportunities to perform, choreograph, and compete in the area of dance, and view other dancers of their age group as well as professional dancers.

## Course TEKS/Objectives:

Dance I is an introductory high school-level course that explores the foundations of dance as an art form. Through the study of multiple dance styles such as ballet, jazz, modern, and cultural dance, students will develop technical skills, kinesthetic awareness, and expressive abilities. This course emphasizes creative movement, choreography, performance, and dance appreciation, while also integrating health, anatomy, and fitness principles to support lifelong movement practices. Students will engage in critical thinking, personal reflection, and collaboration as they learn to analyze, perform, and create dance works. This course fulfills the Fine Arts requirement for graduation and aligns with the Texas Essential Knowledge and Skills (TEKS) for Dance Level I.

[https://tea.texas.gov/about-tea/laws-and-rules/sboe-rules-tac/sboe-tac-currently-in-effect/ch117c.pdf?utm\\_source=chatgpt.com](https://tea.texas.gov/about-tea/laws-and-rules/sboe-rules-tac/sboe-tac-currently-in-effect/ch117c.pdf?utm_source=chatgpt.com)

## Course Outline:

Semester 1	Semester 2
Anatomy Ballet Jazz Hip Hop	Modern/Contemporary Musical Theater Cultural Tap Choreography