



DANCE



Mrs. Nina Chang, Coordinator

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CoARTS



The Dance pathway focuses on the composition, performance, and analysis of dance, or “expressive movement,” which is practiced among people of various backgrounds and cultures throughout the world. Students will achieve technical understanding through this pathway, refine rhythm and timing, explore various dance styles, develop performance skills, and enhance creativity through choreography and improvisation.

Dance is a powerful ally for developing many attributes of a growing individual. Dance helps students mature physically, cognitively, and socially. The physical benefits of dance are overall well-being, reduced stress, good eating habits, coordination, confidence, and stronger bones and muscles.

SAMPLE SCHEDULE

Course	Grade 9	Grade 10	Grade 11	Grade 12
1	Dance/PE	Intermediate Dance	Advanced Dance	IB Dance
2	English	English	English	English
3	Math	Math	Math	Math
4	Biology	Chemistry	US History	Civics/Economics
5	Elective	World History	Physics	Elective
6	Elective	Elective	Elective	Elective
0/summer	When choosing electives, refer to graduation requirements & UC/CSU a-g requirements. For impacted schedules, 0 period and summer advancement options may also be available.			