

CFISD Dance I (Fine Arts or P.E.)

(2026–2027)

Course Description

Dance I students will learn fundamental skills in these dance techniques: ballet, modern, jazz, tap, folk, character, hip hop, and World Dance. In addition, course objectives will emphasize (1) creative expression through movement; (2) awareness of space, time, and energy in dance technique and improvisational studies; (3) development of self-confidence through the use of the body as an expressive instrument; and (4) appreciation of dance as an art form.

Texas Essential Knowledge and Skills: [Dance, Level I \(One Credit\), Adopted 2013](#)

First Semester (80 Days**)

1st Grading Period

Unit	Start Date	End Date
Foundations of Dance, Conditioning and Stretching	08/12/2026	10/8/2026

*2nd Grading Period

Unit	Start Date	End Date
Choreography & Performance, Ballet, Jazz	10/19/2026	12/18/2026

Second Semester (93 Days**)

3rd Grading Period

Unit	Start Date	End Date
Social Dance, Lyrical, Modern, Contemporary	01/05/2027	03/11/2027

*4th Grading Period

Unit	Start Date	End Date
Creative Expression & Performance, Critical Evaluation & Response, Choreographic Composition	03/22/2027	05/27/2027

Notes

* Includes time for Final Exams.

**The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is to allow teachers the opportunity to plan for the needs of their students and to accommodate re-teaching or review when necessary. If pre-assessment indicates student mastery could be obtained in a shorter number of days, the additional time could be used for extension or carried into the next unit.

Instructional Materials

Discovering Dance

Kassing, Gayle

Copyright 2014

Human Kinetics