

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 1 - 6 & SPECIAL EDUCATION
SEPTEMBER 2006**

Introduction to Dance

All dancing depends on the positive inter-relation of the dancers to their partner or partners. Choosing partners in a polite manner is encouraged and many lessons start with a mixer to break the ice.

Most dances provide cardiovascular activity in the continuance of movement in walking, skipping, running, etc. Grace, form, and coordination are part and parcel in dance performance. Dancers must apply thought and movement with the awareness of change in musical phrasing to recognize the various parts of a dance.

All the dance steps in this unit are basic to all the dances we do today.

In all of these dances and dramatized rhythms, the goal is to help the child:

- 1) develop a good self image;
- 2) demonstrate patterns of positive social behavior;
- 3) foster an esthetic appreciation of artistic forms of movement;
- 4) develop fitness through activity.

Special classes will draw from these dances according to the level of physical ability and understanding of the group. The classes vary greatly each year.