

# Dance: Proficient

**Movement, Technique,  
and  
Performance** DA.PR.1

**1 Demonstrate developing dance technique, vocabulary, and skills in various styles with emerging artistic expression.** DA.PR.1.1

- a Use a range of movement and vocabulary to demonstrate artistic expression. DA.PR.1.1.A
  - b Demonstrate phrasing with and without musical accompaniment using various rhythms and sounds. DA.PR.1.1.B
  - c Perform with others to establish relationships with dancers and the environment. DA.PR.1.1.C
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**2 Identify and apply anatomical principles and healthful practices to a range of technical dance skills.** DA.PR.1.2

- a Evaluate and apply healthful strategies (e.g., nutrition, injury prevention, emotional health, overall functioning) and safe body-use practices that are essential for the dancer. DA.PR.1.2.A
  - b Demonstrate anatomical terms (e.g., muscles, bones, tendons, ligaments, joint articulations) as they relate to dance. Apply kinesthetic principles and various body systems. DA.PR.1.2.B
  - c Demonstrate body coordination while moving (e.g., balance, coordination, flexibility, alignment, core strength). DA.PR.1.2.C
  - d Explore movement that develops a wide range of motion, muscular flexibility, strength, and endurance. Explore different body conditioning techniques. DA.PR.1.2.D
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**3 Develop production strategies that correlate with performance intention.** DA.PR.1.3

- a Create and apply personal goals to enhance performance strategies and practices. DA.PR.1.3.A
  - b Collaborate with peers on rehearsal processes. DA.PR.1.3.B
  - c Evaluate possible designs for the production elements of a performance and select and execute the ideas that would intensify and heighten the artistic intent of the dances. DA.PR.1.3.C
  - d Model performance etiquette and performance practices during class, rehearsal, and performance. DA.PR.1.3.D
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## Create, Compose, and Choreograph DA.PR.2

### 1 Experiment with movement to explore personal preferences and possibilities through improvisation. DA.PR.2.1

- a Investigate individual connections with movement. DA.PR.2.1.A
  - b Apply intermediate/advanced improvisational skills and techniques. DA.PR.2.1.B
  - c Evaluate personal preferences and possibilities for movement. DA.PR.2.1.C
  - d Adapt ideas to fit the needs of their group and community. DA.PR.2.1.D
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### 2 Demonstrate creative processes both independently and with a group. DA.PR.2.2

- a Refine choreography collaboratively or independently based on artistic criteria, self-reflection, and the feedback of others. DA.PR.2.2.A
  - b Analyze the process and the relationship between the stimuli and the movement. DA.PR.2.2.B
  - c Analyze and evaluate impact of choices made in the revision process. DA.PR.2.2.C
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## Historical and Cultural Context DA.PR.3

### 1 Arrange, perform, and critique era and culturally specific movement sequences. DA.PR.3.1

- a Discuss, embody, and describe dance technique and movement vocabulary specific to a culture. DA.PR.3.1.A
  - b Recognize one's own cultural, personal, and historical biases when analyzing dance from a culture different from one's own. DA.PR.3.1.B
  - c Identify commonalities and differences in dance technique and vocabulary across cultures. DA.PR.3.1.C
  - d Use era and culturally specific themes and movements in creating sequences. DA.PR.3.1.D
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### 2 Research and differentiate cultural and historical dance forms and traditions. DA.PR.3.2

- a Compare and contrast dance from different cultures across time. DA.PR.3.2.A
  - b Analyze cultural traditions and historical eras as represented through dance. DA.PR.3.2.B
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## Reflect, Connect, and Respond DA.PR.4

### 1 Critique and respond to dance with awareness of vocabulary and technique. DA.PR.4.1

- a Respond to dances using appropriate language of movement and technical terminology. DA.PR.4.1.A
- b Reflect on personal connections to the dance. DA.PR.4.1.B
- c Analyze the structure, technique, and choreographic intent of the dance viewed. DA.PR.4.1.C

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**2 Demonstrate the connections between other art forms, school subjects, professions, and community roles with dance.** DA.PR.4.2

- a Integrate the use of school subjects such as music, visual art, language arts, math, science, and others and in dance. DA.PR.4.2.A
- b Investigate career opportunities integrating dance with the surrounding communities. DA.PR.4.2.B
- c Articulate connections between dance and their social activities and communities. DA.PR.4.2.C