

# Dance: Modern Dance

## Level I

### Creating

- 1 Demonstrate an understanding of creative/choreographic principles, processes, and structures. [DHSMOD1.CR.1](#)
  - a Identify the elements of choreography. [DHSMOD1.CR.1.A](#)
  - b Discuss ways to document dance choreography (e.g. photography, video, writing computer programs). [DHSMOD1.CR.1.B](#)
  - c Manipulate the elements of personal choreography. [DHSMOD1.CR.1.C](#)
  - d Recognize a variety of structures and/or forms (e.g. AB, ABA, cannon, call-response, narrative). [DHSMOD1.CR.1.D](#)
- 2 Demonstrate an understanding of dance as a form of communication. [DHSMOD1.CR.2](#)
  - a Recognize how the use of choreographic structure is used to communicate meaning in a dance. [DHSMOD1.CR.2.A](#)
  - b Demonstrate the use of theme through movement. [DHSMOD1.CR.2.B](#)

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## Performing

- 1 Identify and demonstrate movement elements, skills, and terminology in dance. [DHSMOD1.PR.1](#)
  - a Execute an introductory-level modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, roll downs, contract/release, fall/recovery). [DHSMOD1.PR.1.A](#)
  - b Demonstrate an understanding of basic modern dance terminology and technique. [DHSMOD1.PR.1.B](#)
  - c Develop focus, control, and coordination in performing introductory-level combinations of locomotor and axial movements. [DHSMOD1.PR.1.C](#)
  - d Demonstrate kinesthetic awareness through body parts and isolations, and connect the body to one's kinesphere. [DHSMOD1.PR.1.D](#)
  - e Demonstrate the ability to transfer weight, change direction, and maintain balance. [DHSMOD1.PR.1.E](#)
  - f Identify dance vocabulary from codified modern techniques (e.g. Horton, Graham, Cunningham, Limon, Taylor, Bartenieff fundamentals). [DHSMOD1.PR.1.F](#)
- 2 Understand and model dance etiquette as a classroom participant, performer, and observer. [DHSMOD1.PR.2](#)
  - a Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment. [DHSMOD1.PR.2.A](#)
  - b Demonstrate concentration and focus, and help to maintain a respectful performance environment for others. [DHSMOD1.PR.2.B](#)
  - c Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances. [DHSMOD1.PR.2.C](#)
  - d Exhibit initiative in modeling appropriate behaviors and skills as an audience member and dance observer, and understand the role of an arts patron. [DHSMOD1.PR.2.D](#)
- 3 Recognize concepts of anatomy and kinesiology in movement. [DHSMOD1.PR.3](#)
  - a Understand major muscles involved in external rotation (turn-out), parallel position, and important related alignment principles involved in proper execution. [DHSMOD1.PR.3.A](#)
  - b Recognize that proper alignment facilitates efficiency of movement. [DHSMOD1.PR.3.B](#)
  - c Understand imagery (ideokinesis) and its ability to increase efficiency of movement. [DHSMOD1.PR.3.C](#)
  - d Identify basic principles of injury prevention in modern dance. [DHSMOD1.PR.3.D](#)
- 4 Understand and apply music concepts to dance. [DHSMOD1.PR.4](#)
  - a Investigate syncopation, polyrhythms counterpoint, and call-response within instructed and created dance phrases. [DHSMOD1.PR.4.A](#)
  - b Phrase movements artistically, aesthetically, and musically. [DHSMOD1.PR.4.B](#)

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## Responding

- 1 Demonstrate critical and creative thinking in all aspects of dance. [DHSMOD1.RE.1](#)
  - a Critique movement qualities and choreography using the elements of modern dance (e.g. spatial design, variety, contrast, clear structure). [DHSMOD1.RE.1.A](#)
  - b Observe and formulate opinions about the quality of dances on the basis of established criteria. [DHSMOD1.RE.1.B](#)
  - c Engage in self-reflection and self-assessment as creator and performer. [DHSMOD1.RE.1.C](#)

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## Connecting

- 1 Understand and demonstrate dance throughout history and in various cultures. [DHSMOD1.CN.1](#)
    - a Describe the similarities and differences within modern dance techniques from different cultures. [DHSMOD1.CN.1.A](#)
    - b Identify and explore various modern dance techniques and innovations throughout history. [DHSMOD1.CN.1.B](#)
  - 2 Recognize connections between dance and wellness. [DHSMOD1.CN.2](#)
    - a Explain how health and nutrition enhance modern dance ability. [DHSMOD1.CN.2.A](#)
    - b Define the elements of personal safety in modern dance. [DHSMOD1.CN.2.B](#)
    - c Demonstrate respect for personal well-being and the well-being of others. [DHSMOD1.CN.2.C](#)
    - d Describe how modern dance builds physical and emotional well-being (e.g. positive body imaging, physical goals, creative goals, focus/concentration). [DHSMOD1.CN.2.D](#)
  - 3 Demonstrate an understanding of dance as it relates to other areas of knowledge. [DHSMOD1.CN.3](#)
    - a Understand and demonstrate how media and technology can reinforce, enhance, or alter a modern dance concept. [DHSMOD1.CN.3.A](#)
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## Level II

### Creating

- 1 Demonstrate an understanding of creative/choreographic principles, processes, and structures. **DHSMOD2.CR.1**
  - a Explore the elements of choreography. **DHSMOD2.CR.1.A**
  - b Use technology or software to record a modern dance or phrase. **DHSMOD2.CR.1.B**
  - c Demonstrate the use of choreographic form through short combinations. **DHSMOD2.CR.1.C**
  - d Manipulate personal and structured dance combinations. **DHSMOD2.CR.1.D**
  - e Demonstrate and recognize a variety of structures or forms (e.g. AB, ABA, canon, callresponse, narrative). **DHSMOD2.CR.1.E**
- 2 Demonstrate an understanding of dance as a form of communication. **DHSMOD2.CR.2**
  - a Recognize how the use of choreographic structure is used to communicate meaning in a modern dance. **DHSMOD2.CR.2.A**
  - b Demonstrate the use of various themes through movement. **DHSMOD2.CR.2.B**

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## Performing

- 1 Identify and demonstrate movement elements, skills, and terminology in dance. [DHSMOD2.PR.1](#)
  - a Execute a beginner modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, laterals, roll downs, contract/release, fall/recovery, Bartenieff fundamentals). [DHSMOD2.PR.1.A](#)
  - b Execute beginner principles of modern dance technique with clarity and control for classroom and performance. [DHSMOD2.PR.1.B](#)
  - c Execute focus, control, and coordination in performing beginner modern combinations through the integration of modern dance elements. [DHSMOD2.PR.1.C](#)
  - d Execute the transfer of weight and change direction while maintaining balance. [DHSMOD2.PR.1.D](#)
  - e Understand dance vocabulary from modern techniques. [DHSMOD2.PR.1.E](#)
- 2 Understand and model dance etiquette as a classroom participant, performer, and observer. [DHSMOD2.PR.2](#)
  - a Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment. [DHSMOD2.PR.2.A](#)
  - b Demonstrate concentration and focus and help to maintain a respectful performance environment for others. [DHSMOD2.PR.2.B](#)
  - c Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances. [DHSMOD2.PR.2.C](#)
  - d Exhibit leadership skills in modeling appropriate behaviors and skills as an audience member and dance observer. [DHSMOD2.PR.2.D](#)
- 3 Recognize concepts of anatomy and kinesiology in movement. [DHSMOD2.PR.3](#)
  - a Identify self-monitoring methods to refine and improve alignment and technical skills. [DHSMOD2.PR.3.A](#)
  - b Identify similarities and differences between progressive sequential orders of warm-up exercises in various modern dance styles. [DHSMOD2.PR.3.B](#)
  - c Apply teacher prompted imagery to increase efficiency of movement. [DHSMOD2.PR.3.C](#)
  - d Develop personal practices in preparing for modern dance class and performance. [DHSMOD2.PR.3.D](#)
- 4 Understand and apply music concepts to dance. [DHSMOD2.PR.4](#)
  - a Demonstrate various kinds of syncopation, polyrhythms counterpoint, and call-response within instructed and created dance phrases. [DHSMOD2.PR.4.A](#)
  - b Phrase movements artistically, aesthetically, and musically. [DHSMOD2.PR.4.B](#)

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## Responding

- 1 Demonstrate critical and creative thinking in all aspects of dance. [DHSMOD2.RE.1](#)
  - a Critique movement qualities and choreography using the elements of modern dance (e.g. spatial design, variety, contrast, clear structure). [DHSMOD2.RE.1.A](#)
  - b Observe and formulate opinions about the quality of modern dances on the basis of established criteria. [DHSMOD2.RE.1.B](#)
  - c Defend a modern dance work. [DHSMOD2.RE.1.C](#)
  - d Observe and respond to modern dance compositions. [DHSMOD2.RE.1.D](#)
  - e Discuss and identify aesthetic qualities particular to various modern dance techniques. [DHSMOD2.RE.1.E](#)
  - f Engage in self-reflection and self-assessment as creator and performer. [DHSMOD2.RE.1.F](#)

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## Connecting

- 1 Understand and demonstrate dance throughout history and in various cultures. [DHSMOD1.CN.1](#)
    - a Describe the similarities and differences within modern dance techniques from different cultures. [DHSMOD1.CN.1.A](#)
    - b Identify and explore various modern dance techniques and innovations throughout history. [DHSMOD1.CN.1.B](#)
  - 2 Recognize connections between dance and wellness. [DHSMOD2.CN.2](#)
    - a Identify and explore the capabilities and limitations of the body. [DHSMOD2.CN.2.A](#)
    - b Identify and explore strategies to prevent modern dance injuries. [DHSMOD2.CN.2.B](#)
    - c Identify the effects of healthy and unhealthy practices in modern dance. [DHSMOD2.CN.2.C](#)
  - 3 Demonstrate an understanding of dance as it relates to other areas of knowledge. [DHSMOD2.CN.3](#)
    - a Compare and contrast modern dance to other art forms. [DHSMOD2.CN.3.A](#)
    - b Explore commonalities of essential concepts shared between modern dance and other subject areas. [DHSMOD2.CN.3.B](#)
    - c Identify and evaluate the contributions and integration of other arts disciplines in modern dance performance. [DHSMOD2.CN.3.C](#)
    - d Demonstrate ability to use media and technology to communicate about and create modern dance as an art form. [DHSMOD2.CN.3.D](#)
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## Level III

### Creating

- 1 Demonstrate an understanding of creative/choreographic principles, processes, and structures. **DHSMOD3.CR.1**
  - a Generate original modern dance phrases from a variety of sources (e.g. instructor-guided and self-guided improvisation). **DHSMOD3.CR.1.A**
  - b Manipulate modern dance phrases using the elements of choreography. **DHSMOD3.CR.1.B**
  - c Demonstrate various modern dance techniques through personal choreography. **DHSMOD3.CR.1.C**
  - d Manipulate personal and structured modern dance combinations to create an informal modern dance work. **DHSMOD3.CR.1.D**
  - e Demonstrate and recognize a variety of structures or forms (e.g. AB, ABA, canon, callresponse, narrative). **DHSMOD3.CR.1.E**
- 2 Demonstrate an understanding of dance as a form of communication. **DHSMOD3.CR.2**
  - a Recognize how the use of choreographic structure is used to communicate meaning in a modern dance. **DHSMOD3.CR.2.A**
  - b Identify the use of abstract theme through modern dance movement. **DHSMOD3.CR.2.B**

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## Performing

- 1 Identify and demonstrate movement elements, skills, and terminology in dance. [DHSMOD3.PR.1](#)
  - a Execute an intermediate-level modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, laterals, contract/release, fall/recovery, high release, spirals, head-tail connection, Bartenieff Fundamentals). [DHSMOD3.PR.1.A](#)
  - b Execute intermediate principles of modern dance technique with clarity and control for classroom and performance. [DHSMOD3.PR.1.B](#)
  - c Execute focus, control, and coordination in performing intermediate combinations through the integration of modern dance elements. [DHSMOD3.PR.1.C](#)
  - d Refine the ability to transfer weight, change direction, and maintain balance in a dynamic movement context without losing focus. [DHSMOD3.PR.1.D](#)
  - e Understand similarities of movement concepts between modern dance techniques, and apply appropriate terms and skills for specific movement contexts. [DHSMOD3.PR.1.E](#)
- 2 Understand and model dance etiquette as a classroom participant, performer, and observer. [DHSMOD3.PR.2](#)
  - a Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment. [DHSMOD3.PR.2.A](#)
  - b Demonstrate concentration and focus, and help to maintain a respectful performance environment for others. [DHSMOD3.PR.2.B](#)
  - c Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances. [DHSMOD3.PR.2.C](#)
  - d Exhibit leadership skills in modeling appropriate behaviors and skills as an audience member and dance observer. [DHSMOD3.PR.2.D](#)
- 3 Recognize concepts of anatomy and kinesiology in movement. [DHSMOD3.PR.3](#)
  - a Exhibit use of self-monitoring methods to refine and improve alignment and modern dance technical skills. [DHSMOD3.PR.3.A](#)
  - b Define, describe, and execute functions of anatomy as they relate to modern dance styles, and how preparation for different modern dance techniques differ. [DHSMOD3.PR.3.B](#)
  - c Apply principles of injury prevention for modern dance to personal practices in preparing for modern dance class and performance. [DHSMOD3.PR.3.C](#)
- 4 Understand and apply music concepts to dance. [DHSMOD3.PR.4](#)
  - a Synthesize musical concepts with self-initiation in instructed and created modern dance movements and phrases. [DHSMOD3.PR.4.A](#)
  - b Demonstrate initiative in phrasing modern movements artistically, aesthetically, and musically. [DHSMOD3.PR.4.B](#)

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## Responding

- 1 Demonstrate critical and creative thinking in all aspects of dance. [DHSMOD3.RE.1](#)
  - a Critique modern dance qualities and choreography using the elements of modern dance (e.g. spatial design, variety, contrast, clear structure). [DHSMOD3.RE.1.A](#)
  - b Observe, critique, analyze, and respond to the quality of modern dance performances and compositions using specified criteria and appropriate modern dance terminology. [DHSMOD3.RE.1.B](#)
  - c Compare and contrast multiple modern dance works. [DHSMOD3.RE.1.C](#)
  - d Describe aesthetic qualities particular to various modern dance techniques. [DHSMOD3.RE.1.D](#)
  - e Propose ways to revise modern dance choreography according to established assessment criteria. [DHSMOD3.RE.1.E](#)
  - f Engage in self-reflection and self-assessment as a creator and performer. [DHSMOD3.RE.1.F](#)
  - g Defend or justify the similarities and differences between observing live and recorded modern dance performances. [DHSMOD3.RE.1.G](#)

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## Connecting

- 1 Understand and demonstrate dance throughout history and in various cultures. [DHSMOD3.CN.1](#)
    - a Analyze the role and significance of modern dance in social, historical, cultural, and political contexts. [DHSMOD3.CN.1.A](#)
    - b Execute movement from various modern dance techniques. [DHSMOD3.CN.1.B](#)
  - 2 Recognize connections between dance and wellness. [DHSMOD3.CN.2](#)
    - a Compare and contrast the effects of healthy and unhealthy practices in modern dance. [DHSMOD3.CN.2.A](#)
    - b Identify and explore the capabilities and limitations of the body. [DHSMOD3.CN.2.B](#)
    - c Explore historical and cultural images of the body in modern dance and compare them to images of the body in contemporary media. [DHSMOD3.CN.2.C](#)
    - d Demonstrate how personal discipline is necessary to achieve success in meeting personal goals. [DHSMOD3.CN.2.D](#)
  - 3 Demonstrate an understanding of dance as it relates to other areas of knowledge. [DHSMOD3.CN.3](#)
    - a Compare and contrast modern dance to other art forms. [DHSMOD3.CN.3.A](#)
    - b Explore commonalities of essential concepts shared between modern dance and other subject areas. [DHSMOD3.CN.3.B](#)
    - c Identify career possibilities in modern dance and dance related fields. [DHSMOD3.CN.3.C](#)
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## Level IV

### Creating

- 1 Demonstrate an understanding of creative/choreographic principles, processes, and structures. [DHSMOD4.CR.1](#)
  - a Generate original modern dance phrases from a variety of sources (e.g. instructor and self-guided improvisation). [DHSMOD4.CR.1.A](#)
  - b Manipulate modern dance phrases using the elements of choreography. [DHSMOD4.CR.1.B](#)
  - c Demonstrate various modern dance techniques through both personal and group choreography. [DHSMOD4.CR.1.C](#)
  - d Manipulate structured personal and structured group combinations to create a formal modern dance work. [DHSMOD4.CR.1.D](#)
  - e Demonstrate a variety of structures or forms (e.g. AB, ABA, cannon, call-response, narrative). [DHSMOD4.CR.1.E](#)
- 2 Demonstrate an understanding of dance as a form of communication. [DHSMOD4.CR.2](#)
  - a Recognize how the use of choreographic structure is used to communicate meaning in a modern dance. [DHSMOD4.CR.2.A](#)
  - b Identify and demonstrate the use of theme through modern dance technique. [DHSMOD4.CR.2.B](#)
  - c Demonstrate the use of props as an extension of theme. [DHSMOD4.CR.2.C](#)

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## Performing

- 1 Identify and demonstrate movement elements, skills, and terminology in dance. [DHSMOD4.PR.1](#)
  - a Execute an advanced modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, laterals, roll downs, contract/release, fall/recovery, high release, spirals, head-tail connections, Bartenieff Fundamentals). [DHSMOD4.PR.1.A](#)
  - b Execute advanced principles of modern dance technique with precision for classroom and performance. [DHSMOD4.PR.1.B](#)
  - c Execute focus, control, and coordination in performing complex combinations through the integration of modern dance elements. [DHSMOD4.PR.1.C](#)
  - d Refine the ability to transfer weight, change direction, and maintain balance in a dynamic movement context without losing focus. [DHSMOD4.PR.1.D](#)
  - e Synthesize knowledge of dance vocabulary from modern dance techniques. [DHSMOD4.PR.1.E](#)
- 2 Understand and model dance etiquette as a classroom participant, performer, and observer. [DHSMOD4.PR.2](#)
  - a Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the modern dance learning environment. [DHSMOD4.PR.2.A](#)
  - b Demonstrate concentration and focus, and help to maintain a respectful modern dance performance environment for others. [DHSMOD4.PR.2.B](#)
  - c Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances. [DHSMOD4.PR.2.C](#)
  - d Exhibit leadership skills in modeling appropriate behaviors and skills as an audience member and modern dance observer. [DHSMOD4.PR.2.D](#)
- 3 Recognize concepts of anatomy and kinesiology in movement. [DHSMOD4.PR.3](#)
  - a Exhibit use of self-monitoring methods to refine and improve alignment and technical skills. [DHSMOD4.PR.3.A](#)
  - b Define, describe, and execute the physiological demands of various modern dance techniques and repertoire, and how to prepare for those demands within rehearsals and performances. [DHSMOD4.PR.3.B](#)
  - c Engage in self-directed learning strategies to increase accuracy, precision, artistry, and expressiveness. [DHSMOD4.PR.3.C](#)
  - d Apply principles of injury prevention for modern dance. [DHSMOD4.PR.3.D](#)
- 4 Understand and apply music concepts to dance. [DHSMOD4.PR.4](#)
  - a Synthesize musical concepts with self-initiation in instructed and created modern dance movements and phrases. [DHSMOD4.PR.4.A](#)
  - b Demonstrate initiative in modern dance phrasing movements artistically, aesthetically, and musically. [DHSMOD4.PR.4.B](#)

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## Responding

- 1 Demonstrate critical and creative thinking in all aspects of dance. [DHSMOD4.RE.1](#)
  - a Critique movement qualities and choreography using the elements of modern dance (e.g. spatial design, variety, contrast, clear structure). [DHSMOD4.RE.1.A](#)
  - b Observe, critique, analyze, and respond to the quality of modern dance performances and compositions using specified criteria and appropriate dance terminology. [DHSMOD4.RE.1.B](#)
  - c Compare and contrast multiple modern dance works. [DHSMOD4.RE.1.C](#)
  - d Describe and demonstrate aesthetic qualities particular to modern dance. [DHSMOD4.RE.1.D](#)
  - e Propose ways to revise modern dance choreography according to established assessment criteria. [DHSMOD4.RE.1.E](#)
  - f Engage in self-reflection and self-assessment as a creator and performer. [DHSMOD4.RE.1.F](#)
  - g Defend and/or justify the similarities and differences between observing live and recorded dance performances. [DHSMOD4.RE.1.G](#)

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## Connecting

- 1 Understand and demonstrate dance throughout history and in various cultures. **DHSMOD4.CN.1**
  - a Analyze the role and significance of modern dance in social, historical, cultural, and political contexts. **DHSMOD4.CN.1.A**
  - b Analyze dance styles of important twentieth/twenty-first century modern dance choreographers. **DHSMOD4.CN.1.B**
  - c Understand similarities and differences between various modern dance techniques. **DHSMOD4.CN.1.C**
  - d Evaluate the development of modern dance during the twentieth/twenty-first century, focusing on purpose, genres, styles, artistic conflicts and resolutions, significant contributors, and innovations. **DHSMOD4.CN.1.D**
- 2 Recognize connections between dance and wellness. **DHSMOD4.CN.2**
  - a Communicate how lifestyle choices affect the modern dancer. **DHSMOD4.CN.2.A**
  - b Analyze the historical and cultural images of the body in modern dance and compare these to images of the body in contemporary media. **DHSMOD4.CN.2.B**
  - c Discuss challenges facing a performer in maintaining a healthy lifestyle. **DHSMOD4.CN.2.C**
  - d Assess consequences of personal actions, and commitment and discipline necessary to achieve modern dance goals. **DHSMOD4.CN.2.D**
- 3 Demonstrate an understanding of dance as it relates to other areas of knowledge. **DHSMOD4.CN.3**
  - a Understand and demonstrate how media and technology can reinforce, enhance, or alter a modern dance concept. **DHSMOD4.CN.3.A**