

Learning Competencies

- Discuss the nature of different dances(PEH12FH-Ia-19)
- Explain how to optimize the energy systems for safe and improved performance. (PEH12FH-Ib-c2)

Modern Dance

Modern dance is a sort of creative dance that combines modern style with abstract movements to express thoughts, sentiments, and emotions. Despite its origins in a rejection of traditional ballet techniques, modern dance has evolved into a distinct art form that can stand on its own. It is important to know the Fundamental Movements of Modern Dance to have good technique and that will ensure a dancer's longevity, prevent injuries, build strength and flexibility, and refine movement quality. All of which enable technically accomplished dancers to dance with proper body alignment, positioning, and lines.

Laterals

In the Lateral, the dancer stands with head and spine in alignment, the supporting foot turned out. The arm over the supporting leg comes straight up next to the ear as the torso tilts, unbroken to the side, over the supporting leg. The opposite leg lifts pointed through the toes. The other arm swings up as the leg rises and parallels the straight arm next to the head. The body continues to tilt sideways from the pelvis in one unbroken line. A Lateral T shows the line of the torso and extended leg at a right angle to the supporting leg. A Low Lateral tilts the torso downward and the extended leg up in the air.



Spiral

The Spiral is a torso twist that begins in the pelvis. As the body turns, each level is separately articulated all the way up the spine—pelvis, lower spine, mid-section, shoulders, neck, head. The head remains in alignment with the spine. The spiral releases in the same order: pelvis up to shoulders, neck and then head. Each movement is part of a smooth progression with the spine as its center.



Stag Leap

The Stag Leap is a very high jump in a split but, although both legs are parallel to the floor, the front leg is bent from the knee inward. Most often the arms are either thrust up in a “V,” palms facing out and down, or one-forward, one-to-the-side in a ninety-degree angle, palms down.



Stag Turn

In a Stag Turn, the supporting knee is slightly bent; the other leg is up in the air and bent behind the body. The arm on the supporting side is thrust straight back, palms down. The opposite arm is thrust cleanly forward, palms down as the dancer turns around.



Primitive Squat

A Primitive Squat is a hop that lands in a deep second-position plie—the feet are turned out heel-to-heel and the knees are bent.



Flat Back

Flat Back is actually a series of moves but the basic movement makes a “tabletop” of the body. The dancer stands in second position—feet turned out heel-to-heel. The arms are down along the sides as the body bends forward from the hips without breaking the line from the top of the head to the lower spine. The bend continues until the entire torso is parallel to the floor. Then the arms come out from the sides in unison, arc completely forward and stretch out ahead of the torso parallel to each other, forming an extension of the flat back.



Hinge

In the Hinge, the dancer balances on the balls of the feet, keeps a straight back and head and sends the knees forward as the torso tilts back and the arms are held straight out in front.



The Contraction

Martha Graham loved Contractions in which the mid-section is pulled back against a movement. The action begins in the pelvis, and articulates up the spine as the breath is exhaled. The dancer aims to lengthen the space between each vertebra as the move progresses to the neck and the head, which are always in alignment with the spine.



The Release

The Release occurs on the inhalation and also begins in the pelvis. The move travels up the spine in the same order as the contraction, restoring the torso to a straight alignment. It typically counters the Contraction.



The High Release

A High Release, rather than ending with the spine and upper body in an upright, neutral position, tilts the breastbone up. The shoulder blades appear to rest on a bar or shelf. The head remains aligned with the spine and the rib cage remains over the hips. The lower back is not bent.



ACTIVITY

Instruction: You will be able to draw at least 2 basic movements of the modern dance with description on how will this be executed.

Summary/Synthesis

Through a range of disciplines, dance teaches the value of movements and health in a variety of ways. As long as you are in good enough health to face the demands of dancing for life, dancing is a good activity to pursue at most any age.

REFERENCES:

- <https://www.slideshare.net/RonaldMeletante1/modern-dances> (Modern Dance)
- <https://www.slideshare.net/RonaldMeletante1/modern-dances> (Fundamental Movements of Modern Dance)
- Dance for Life K12 CURRICULUM (H.O.P.E for SHS)
(Authors)
Marcelita L. Apolonia
Mia Elaine P. Collao
Pauline A. Gabayan
Gilda Ma. Paz R. Kamus

Edited by: T. Abigail W. Ponce

Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK6

TEST I. IDENTIFICATION

Instruction: Read and understand the question and write your answer on the space provided before the number.

- _____ 1. The shoulder blades appear to rest on a bar or shelf. The head remains aligned with the spine and the rib cage remains over the hips. The lower back is not bent.
- _____ 2. the dancer stands with head and spine in alignment, the supporting foot turned out.
- _____ 3. The supporting knee is slightly bent; the other leg is up in the air and bent behind the body.
- _____ 4. A hop that lands in a deep second-position plie—the feet are turned out heel-to-heel and the knees are bent.
- _____ 5. The dancer aims to lengthen the space between each vertebra as the move progresses to the neck and the head, which are always in alignment with the spine.

Test II.

Instruction: Choose and draw at least 1 basic movement of modern dance that you like to execute. Use the Space Provided. (5 points)