

**HEALTH OPTIMIZING PHYSICAL EDUCATION DEPARTMENT**

**SUBJECT**

**MODULE NO.**

**TITLE**

**PHYSICAL EDUCATION 3**

**1**

**INTRODUCTION TO DANCE**

**LEARNING OBJECTIVES**

At the end of the lesson, students should be able to:

1. differentiate the nature of different dances and
2. categorize the different dances according to its nature, origin, and form.

**INTRODUCTION**

Dance is an activity which can take many forms and fill many different needs. It can be recreation, entertainment, education, therapy and religion. In its purest and most basic form, “dance is art of body movement” Barbara Mettler (1980). In this module we will discuss the nature of dance, elements and characteristics of dance to better understand the components of dance performance. Moreover, determining the benefits of dancing and learning how to appreciate and evaluate a dance composition and performance will also be covered in this module.

**CONTENT**

**DANCE**

- Involves a successive group of motions and steps rhythmically performed and timed to music
- Oldest form of arts
- A story to tell, sets a mood, or expresses emotions
- A form of recreation, provides fun, relaxation and companionship

### WHY DO PEOPLE DANCE?

1. To worship
2. To play role in courtship
3. To have fun
4. To entertain
5. To exercise

### FEATURES OF DANCE

1. **Theme-** it is one of the most important elements and the main ingredient of dance.
2. **Design-** is planned organization or pattern of movement in time and space.
3. **Movement-** is action of dancers as they use their bodies to create organized patterns. Body movements can be divided into steps, gestures of arms, hands and facial expressions.
4. **Technique-** is the skill in executing movement.
5. **Costumes-** the type of dance performed and the costume worn at any stage of history relate closely to the customs, beliefs, and environment of the people.
6. **Choreography-** dances are performed in an organized manner, following steps and movements.
7. **Scenery-** the setting or background establishing the place of action of any dance is important to make the dance more realistic and beautiful.

### ELEMENTS OF DANCE

1. **Space** - This is the area where performers occupy and move.
  - a. **Direction-** Dance movements can travel in any direction.
  - b. **Size-** Movements can be varied by doing larger or smaller action.
  - c. **Level-** Movements can be done by high, medium or low.
  - d. **Focus-** Performers may change their focus by looking at different directions.



**LOW – MEDIUM - HIGH**

2. **Timing** -The movements in timing may be executed in varying tempo (speed).
3. **Dance Energies** - The movements are propelled by energy or force.
  - a. **Sustained**- The movements are done smoothly, continuously and with flow and control.
  - b. **Percussive**- Movements are explosive or sharp in contrast with sustained movements.
  - c. **Vibratory**- Movements consist of trembling and shaking.
  - d. **Swinging**- Movements trace curved line or an arc in space.
  - e. **Suspended**- Movement perched in space or hanging on the air.
  - f. **Collapsing**- Movements are released in tension and gradually or abruptly giving into gravity, letting the body descend to the floor.
4. **Bodily Shapes**- It refers to how the entire body is molded in space or the configuration of body parts. They can be:
  - a. **Symmetrical**- balanced shape, movements are practically identical or similar on both sides.
  - b. **Asymmetrical**- unbalanced shape; movements of two sides of the body do not match or completely different from each other.



**SYMMETRICAL**



**ASYMMETRICAL**

### **BENEFITS OF DANCING**

- Reduces your risk of dementia
- Reduces stress and depression
- Improves flexibility, strength, balance and endurance
- Strengthens bones and boosts cardiovascular health
- Builds self- confidence

### **ASSESSMENT**

#### **Dance Video**

**Create your own dance steps following the guidelines below**

1. Any Genre of Dance
2. Minimum of 32 counts maximum, of 64 counts.
3. You may use music or counting.
4. Submit your dance video to your group leader.
5. You will be graded using the criteria below.

CRITERIA		
Physical Education Outcomes	Description	Percentage
Participates appropriately	Behavior Attitude Effort Sportsmanship Cooperation	40
Motor Skills	Gross and fine motor skill development relative to grade level	30
Content Knowledge or Application	Motor Skill Knowledge and vocabulary, Apply knowledge to an activity setting	30
		100%

## REFERENCE

Physical Education and Health Volume II

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