



2024-25 School Year  
Enrollment Guide

**Whole Year  
Curriculum**

**CREA  
MOVEMENT™**

DANCE FOR SCHOOLS *presents*

**HIGH SCHOOL DANCE CURRICULUM**

# About Dance for Schools

Dance for Schools is the leading curriculum provider for K-12 Dance Education. We provide educators comprehensive and standardized dance curriculum to teach movement and technique, composition and choreography, creative movement, and history.



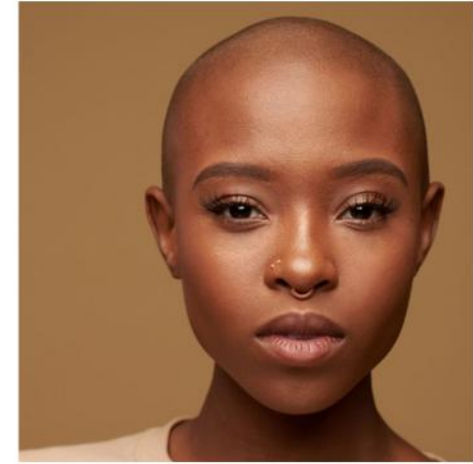
**Winifred R. Harris**

Owner, Modern Dance & Ballet  
Content Developer



**Joe DeMers**

Owner, Swing Dance  
Content Developer



**Gabrielle Hamilton**

Afro-Jazz, Lyrical Jazz, &  
Broadway Jazz Content Developer



**Fara Tolno**

Traditional West African Dance  
Content Developer



**DeAndre Carroll**

Hip Hop  
Content Developer



**Lucienne Ndoutou**

Hip Hop  
Content Developer



# Lesson Plans for EVERY DAY

## 01 Straight Arms



Modern Dance

### Summary

In this lesson, dancers are introduced to straight port de bras and body shapes. In center, they explore posture and alignment, parallel position, port de bras, and a stretch routine. They apply straight shapes to across the floor progressions and a movement phrase, including circular pathway and the use of levels.

- HS Proficient DA:Pr5.1.1.a. Embody technical dance skills (for example, functional alignment, coordination, balance, core support, clarity of movement, weight shifts, flexibility/range of motion) to retain and execute dance choreography.
- HS Proficient DA:Re.7.1.1.a. Analyze recurring patterns of movement and their relationships in dance in context of artistic intent.

### Time

40 minutes

### Essential Elements

In which dancers straight movement

### Agenda

- 1) Warm-up
- 2) Across the Floor
- 3) Combination

### Objectives

#### Content Objective

Students will explore straight lines and body shapes in warm-up, across the floor progressions, and a combination.

#### Language Objective

Orally or in writing, students will identify and describe ways in which dancers create straight lines and body shapes.

- Content Vocabulary**
- Dancer's Posture
  - Isolation
  - Roll Down
  - Port de Bras
  - Stretch
  - Plié
  - Circular Pathway
  - Body Shape
  - Levels
  - Upstage

- Academic Vocabulary**
- Identify**
    - "I notice straight lines in the \_\_\_\_\_"
  - Describe**
    - "This shape has straight lines, because \_\_\_\_\_"
  - Compare**
    - "Two shapes that have straight lines are \_\_\_\_\_ and \_\_\_\_\_"

### Lesson Overview

#### Warm-up

- 1) Dancer's Posture
- 2) Isolation
- 3) Roll Down (and Up) the Spine
- 4) Port de Bras (Straight Arms)
- 5) Stretch Sequence 1 (Parallel Feet)

#### Across the Floor

- 1) Straight Port de Bras and Plié
- 2) Airplane Arms (Upstage or Downstage)

#### Combination

- 1) Straight Shapes

Modern Dance

### Background Information

From the tallest architecture to animated movies, our world is defined by lines. They control one's eye by indicating edge and movement. A dancer's body explores all different lines in all different planes. They may vary in direction (vertical, horizontal, diagonal), shape (straight, curved, spiral, angular), size (long, short), and quality (soft, hard). While there is no 'bad' line, there is 'good' intention. As artists, dancers strive to draw bodylines that are purposeful and full of energy.

### Warm-up

#### 01 Dancer's Posture

##### Vocabulary

Dancer's Posture – the way in which a dancer holds their body.

- Lifted through legs
- Neutral pelvis
- Abdominals in
- Lifted chest
- Shoulders down
- Tall neck
- Chin in

(The term *alignment* will be used later in curriculum.)

##### Exercise

- From starting position, guide students to hold a *Dancer's Posture*. Work from the ground up to the head.
- Once established, have students breathe full breaths for 30 seconds: in through the nose and out through the mouth.

##### Starting Foot Position

2<sup>nd</sup> Parallel

##### Starting Port de Bras

Natural Low

##### Check for Understanding

- Lifted through legs
- Neutral pelvis
- Abdominals in
- Lifted chest
- Shoulders down
- Tall neck
- Chin in

##### Music

None

Modern Dance



# Crea Movement Dance Curriculum Highlights



## National Core Arts Standards Aligned

Lessons align to national standards for performance and technique, choreography and composition, understanding dance personally and historically, and developing as an artist.



## 14 Units of Study | 40-min Lessons

Modern Dance: 1) Straight & Round Shapes, 2) Angular Shapes, 3) Spiral Shapes, 4) Percussive Energy, 5) Sustained Energy, 6) Suspended & Collapsing Energies, and 7) Swinging Energy

World Dance: 8) Traditional West African, 9) Swing Dance, 10) Afro-Jazz, 11) Ballet, 12) Broadway Jazz, 13) Lyrical Jazz, and 14) Hip Hop



## Instructional Videos for Every Unit

Instructional videos accompany each lesson and series of movements. They include a follow-along demonstration with counts, breakdowns of techniques, and instructional strategies.

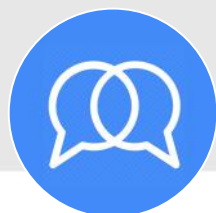


# Lesson Highlights



## Movement Breakdowns & Instructions

Helps teachers remember movement series with counts, instructional tips, and Checks for Understanding



## Content-Language Objectives

Daily goals include verbal and written vocabulary and ELA supports



## Diverse Word Walls

Printable Word Walls include pictures of a variety of young dancers with diverse bodies and ethnic backgrounds



## Assessments & Rubrics

Student-friendly assessments and rubrics are included with each Unit, composition task, and project



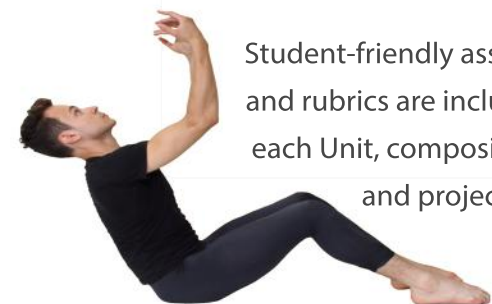
## Printable Resources

Unit includes a variety of printable resources, such as data sheets, graphic organizers, and exit slips

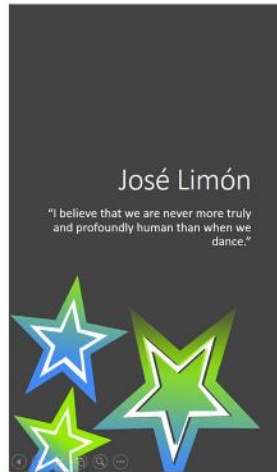
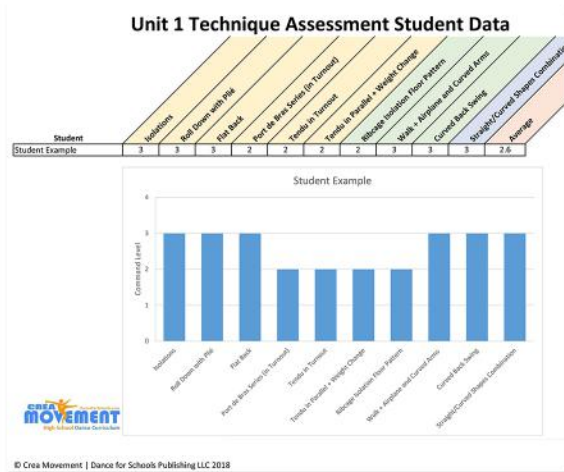


## Differentiation

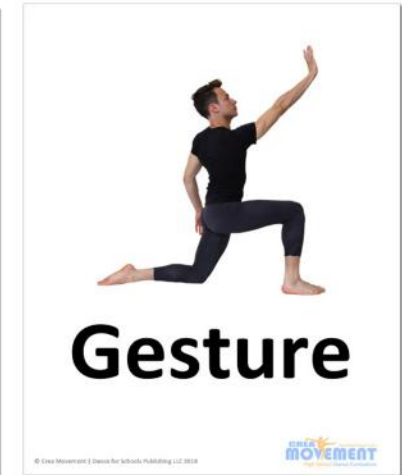
Each movement section includes strategies and tips for intentional differentiation



# Example Instructional Resources



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### Lesson 83 Exit Ticket

Contraction vs. Curve vs. Release

Name \_\_\_\_\_ Period \_\_\_\_\_

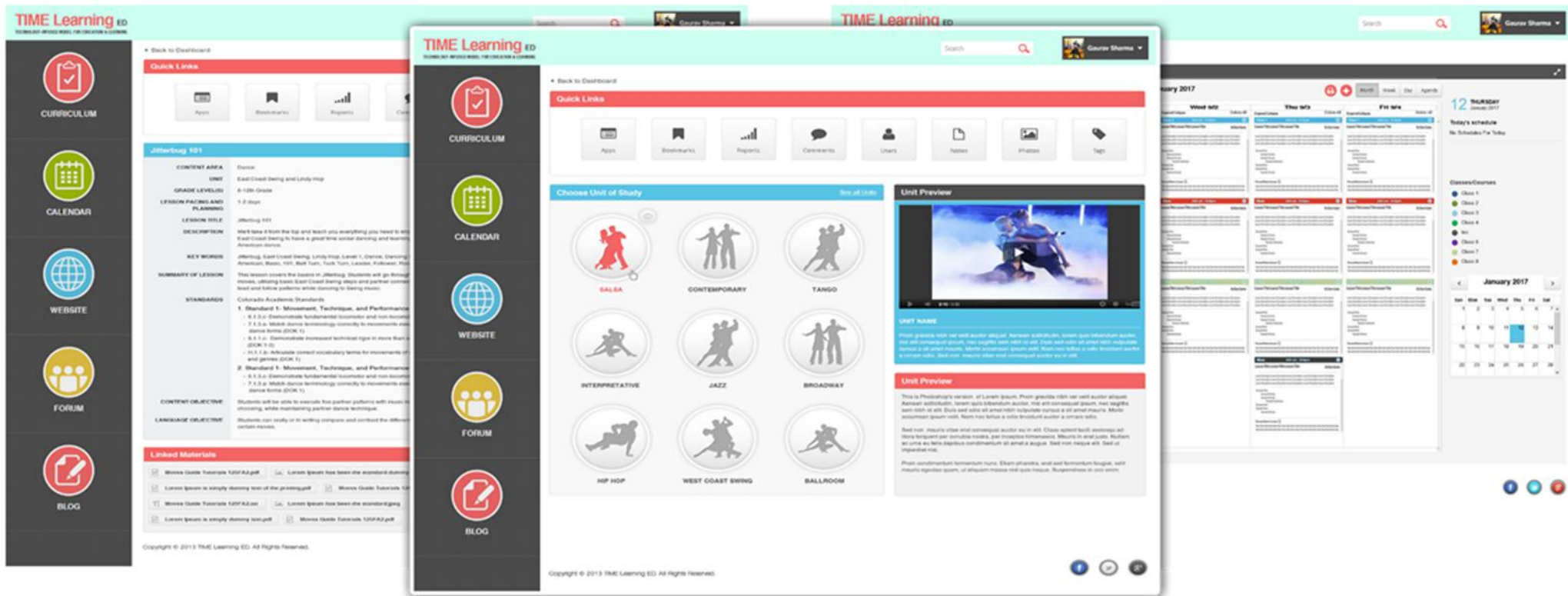
## Poetry in Action

### 2) Brainstorm Map

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# More than a Lesson Plan!



Crea Movement™ is organized in an easy-to-use **Online Teacher Portal** and includes printable lesson plans and resources, instructional videos, calendar, teacher-to-teacher forum, and readymade teacher website.



# Crea Movement Dance Curriculum Pricing



## 1 Year Subscription

Single Teacher: \$2,500

School District\*: \$2,300



## 3 Year Subscription

Single Teacher: \$6,300 (\$2,100/year)

School District\*: \$5,700 (\$1,900/year)



\*Two or more teachers in same school district. Cost is per teacher.



# In-District Professional Development

## Engaging, Meaningful, and Personally Relevant

Whether it's for *curriculum launching* or mid-year inspiration, we offer comprehensive support for teachers. Each Professional Development is customizable to your needs. Utilize our training for:

- Start-of-year Curriculum Launch and Implementation
- Deep Dive into standards, instruction, assessment, and/or use of academic language
- Master classes for teachers or students
- Dance residencies with students
- Team building for teachers, students, or teams
- Combining multiple disciplines (i.e. core content and dance)



Sign up 3 or more teachers and receive a FREE PD day for EACH school year you subscribe!\*



\*Promotion does not include cost of travel



# Out-of-District Professional Development

## Engaging, Meaningful, and Personally Relevant

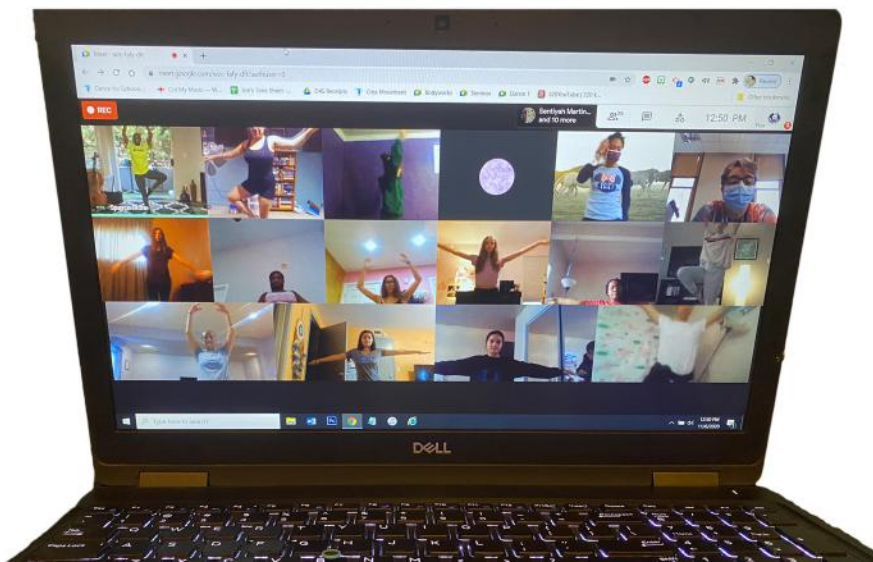
### Individuals

We offer FREE virtual support for individual teachers who are teaching Crea Movement | High School Dance Curriculum. Whether it is to be a thought partner, how to best implement the curriculum, or explore classroom management strategies, we are here for you!

We also offer free onboarding to help you understand the curriculum structure, resources, and instructional materials.

### Teams

All of our in-district professional development options are available virtually.



# Contact Us



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