

Where Dance is Fun!



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## Dance Curriculum

### Goals:

1. Students will gain an appreciation of dance and the arts.
2. Students will be able to express movement creatively through music.
3. Students will be able to understand and demonstrate the dance technique at their appropriate level.
4. Student will have fun while learning.

### Basic Competencies

1. Student should recognize dance terms as listed for appropriate dance class level.

#### Method

- A. Verbal usage of terminology
- B. Visual recognition through definition notebooks and word activity puzzles
- C. Flash cards

2. Students should understand and be able to execute the proper dance technique appropriate to their level of study, and be able to perform learned technique with confidence.

#### Method

- A. Introduction of new technique.
- B. Use of technique in combinations.
- C. Increase difficulty of technique through tempo and length.
- D. Use of learned technique in choreography.

3. Increase student's physical dance ability and to develop and improve muscle flexibility and turnout if applicable.

Increase overall muscle strength and endurance.

#### Method

- A. Use of repetitive slow and proper stretch and warm up exercises.
- B. Increase endurance through varied and repetitive dance technique.