

## Springville Jr. High Dance "I can" Statements

**Standard1:** Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of dance moves.

- I can attain competence in a variety of dance skills by applying the required techniques.
- I can develop proper movement skills for a variety body movements.
- I can participate in a number of individual and team activities demonstrating the basic skills of choreography and performance.
- I can demonstrate understanding of the basic skills, strategies and rules in a variety of dance moves.
- I can demonstrate a knowledge of concepts regarding the physiology of warming up the body for dancing.
- I can apply movement concepts to the learning and development of skills.
- I can participate in a variety of activities that promote individual satisfaction and physical fitness.
- I can participate in a variety of activities in class and outside of school that develop a foundation of knowledge of dance styles.
- I can identify and participate in a number of activities that develop muscular strength and endurance and flexibility.

### **Standard2**

- I can demonstrate responsible behavior in activity settings.
- I can follow recommended safety precautions and procedures while dancing.
- I can work positively with others in diverse settings and groups.