

Shannon Buck | Session 6:

Dance Vocabulary and Warmup Techniques

List of Required Supplies: Paper, pencils, cleaning supplies as needed

Space/Facility Requirements: Table space, floor space,

Student Time Required: 45 to 55 minutes

Step-by-step Instructions:

The last day of this unit will be the post-assessment. Students will be given a document to fill out on defining the terms of dance as well as writing out the questions that were given in conclusion of the warmup and cooldown techniques. After completed, students will turn in the paperwork and, if time allows, a quick overall discussion on thoughts and views on the unit.

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Post-Assessment Dance Quiz

Please Define The Following Terms:

Non-Locomotor _____

Locomotor _____

Dance _____

Exercise _____

Choreography _____

Balance _____

Choreographer _____

Movement Pattern _____

Rhythm _____

Name The Four Elements Of Dance:

Please define what a warmup is and why it is important:

Please define what a cooldown is and why it is important:

Give two examples of a warmup technique:

Give two examples of a cooldown technique:
