LEARNING AS ONE NATION

Expanded Project

PE and Health 12_5

S H S L E A R N I N G A C T I V I T Y

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)

Subject: ***Physical Education and Health***

Type of Activity: ☑ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration ☐ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: **Dance**

Learning Target: To explain the meaning of dance and its significance

References: *(Author, Title, Pages)*

(1) Hanna, Judith. (2001). The Language of Dance. Journal of Physical Education, Recreation & Dance.

(2) Wikipedia.org | Dance

(3) J. A. Galagala and F. C. Udtuhan, CVIF Learning Activities

STEM 12 Students, 2019

Dance is a type of performing arts that is interesting and purposeful work, rhythmical and culturally influenced body movements that are creatively used and selected in the same way a human person communicates verbally. Such movements are done with grace and poise and have aesthetic and symbolic value. Dance is comparable with verbal communication which have different languages or dialects.

The main purpose of dance is to express emotions and communicate with others through actions and body movements. Often, people dance to release some positive and negative feelings – joy, sadness, compassion, fear or anxieties.

Activity: Identify at least five (5) different types of dances. Among the five (5), note down at least three (3) dance exercises that you prefer to practice and give their definitions.