LEARNING AS ONE NATION
Expanded Project

PE and Health 12_6

SHS LEARNING ACTIVITY

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 Forms**
Learning Target: To enumerate some forms of dances
References: *(Author, Title, Pages)* Hanna, Judith. (2001). The Language of Dance. Journal of Physical Education, Recreation & Dance; Wikipedia.org | Dance;
J. A. Galagala, F. C. Udtuhan, and Q. J. C. Abcede, CVIF Learning Activities

Below are some of the commonly known dance forms in the world:

• Ballet – In the 15th century, this type of dance has evolved to a very highly technical and artistic form requiring a high level of discipline. A full ballet performance such as "Giselle" uses music and dance to tell a story. Some ballets are considered among the most beautiful and graceful dances.
• Jazz – This dance usually relies in originality and improvisation. This type of dance is energetic and fun, consisting with fancy foot work, big leaps and quick turns. To excel in jazz, you need to have a strong background of ballet as it requires balance and grace.
• Tap – This type of dance enables dancers to wear customized shoes with metal taps. Dancers use these with their feet banging to create rhythmic patterns and produce beats.
• Ballroom Dance – Etymologically meaning to dance in a ballroom or a large room or hall, these are social and recreational dances involving a partner. Examples are waltz, cha-cha-cha, rumba, jive, and tango.
• Contemporary Dance – It is one of the dominant genres throughout the world. With great combination of classical, modern, and jazz styles, it evolved through time and included elements from many styles of dance. Because of this, it is often observed to be associated with modern dance, ballet, and other classical concert dance styles.

Vocabulary: Underline the terms closest in meaning to the given word.

1. Etymology (origin; end)
2. Dominant (influential; uncontrolled)
3. Classical (traditional; present)

Essay: In your own words, explain briefly the statement below:

"Dance to express, not to impress."