



COMMONWEALTH OF THE BAHAMAS

MINISTRY OF EDUCATION

Performing Arts

ARTS & SCIENCES SECTION

Dance: National Pacing Guide

GRADES: 10-12

2022-2023

**Department of Education
National Pacing Guide: Grade 10
Performing Arts: Dance
Senior High School (2022-2023)**

Term 1

Week	Topic	Reference
1	What is dance? a. Explain Topic b. List Types of Dance Internationally and Locally	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	The Dance Studio – List Components a. The Floor b. Mirror c. Barre d. Resin e. Piano f. Music Area g. Lights	
3	The Dance Studio – List Components a. The Floor b. Mirror c. Barre d. Resin e. Piano f. Music Area g. Lights	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	Quiz	
5	Classroom Rules e.g. Behaviour	

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Week	Topic	Reference
6	Preparing to Dance – warm up, stretching with discussion on teaching Aids such as rolling balls, Therabands for muscle rollout and foot stretcher.	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
7	<p>7 movements of Dance – Explain and show video for comparison to Ballet Techniques in relationship to natural movement.</p> <ul style="list-style-type: none"> • Plier To Bend • Glisser To Glide • Tourner To Turn • Etendre To Stretch • Sauter To Jump • Relever To Rise • Ellancer To Dart 	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
8	<p>Fundamentals of Ballet Techniques [Fundamentals 1] A .Arm placement at barre (how to hold the barre) - Position of the Arms B. Parts of the foot (heels, arch, ball, toes) -Levels of the Foot (Floor, ¼, ¾, Full)</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
9	<p>Fundamentals of Ballet Techniques [Fundamentals 1] C. Placement of the feet (Parallel or Turned out/Diagonal) - Body Alignment and Placement at Barre</p>	

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Term 1

Week	Topic	Reference
10	Practical Unit Test (containing all aspects of A, B, and C)	
11	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 2] (All from 1st position)</p> <p>A. Barre 1- Plie, Tendu, Degage (assessment at the end)</p> <p>B. Barre 2- Rond de jambe, Fondu, Passe (assessment at the end)</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
12	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 2] (All from 1st position)</p> <p>C. Barre 3- Developpe, Frappe (coupe), Simple Port de bras, Grand Battement (assessment at the end)</p> <p>D. Barre 4- Saute (assessment at the end)</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
13	Practical Unit Test (Barre 1-4)	

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Term 2

Week	Topic	Reference
1	The 5 elements of Dance – Explained - Teachers knowledge and video viewing. There will be a Quiz at the end of each topic and a unit Test	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	History of Ballet a. What is ballet? b. Learning Ballet	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
3	The Three Schools of Technique (Ballet) <ul style="list-style-type: none"> • Russian Vaganova Method • Italian Cecchetti Method • French Method 	
4	Quiz	
5	Vocabulary – French Terms – Teacher will Discuss and then email students notes to review	
6	Positions of the Feet – Arms - Head a. 1 st 2 nd , 3 rd , 4 th , 5 th Students will view these positions via video b. Teacher will email notes	<ul style="list-style-type: none"> • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Term 2

Week	Topic	Reference
7	Centre 1 1st Port de bras w/ movement of the head (assessment at the end) – Battement Tendu w/direction (assessment at the end)	
8	Centre 1 Rond de jambe a terre w/ port de bras (assessment at the end) Positions of the arms (assessment at the end)	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
9	Practical Unit Test	
10	Centre 2 Directions of the Body & Alignment (Croise, Devant, En face, Ecarte, Efface, A La Seconde) (assessment at the end) - Chasse in second position (assessment at the end) - Pas de bourre (assessment at the end)	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
11	Practical Unit Test	
12	Examination	

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Term 3

Week	Topic	Reference
1	Direction of the Studio – Russian, Italian, RAD	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	Dance Anatomy – Basic Body Muscle and Skeleton	
3	About Dance – Jazz – Rhythm, Music and Beats	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	Unit Test	
5	Centre 3 -Across the Floor -Petit Allegro-Tombe pas de Bourre	
6	Centre 3 Reverence (Curtsy)	
7	Examination	

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Term 1

Week	Topic	References
1	Introduction: Food and Health – Discuss the importance of a healthy lifestyle	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	The Three Schools of Technique – Expanding on various historical Ballet Dancers	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
3	The 7 Movement of Dance / Elements of Dance (Video will be Shown and Discussed)	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 1]</p> <p>A. REVIEW: Arm placement at barre (how to hold the barre) (Sideways and Facing) - Position of the Arms</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Term 1

Week	Topic	Reference
5	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 1] B. Positions of the arms and feet at barre - Levels of the Foot (Floor, ¼, ¾, Full)</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
6	Practical Unit Test (containing all aspects of A & B)	
7	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 2] A. Barre 1- Plies [demi & grande 1st -5th] -Tendu [1st , 3rd , 5th w/ plies] - Degage [1st -5th]</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
8	<p>Fundamentals of Ballet Technique [FUNDAMENTALS 2] B. Barre 2- Rond de jambe w/ port de bras - Tendu Passe [combination from 5th w/ plies] - Fondu w/ degage + passe [on floor & 45-degree angle]</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
9	Practical Unit Test (containing all aspects of A & B)	

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Term 1

Week	Topic	Reference
10	<p>Fundamentals of Ballet Technique [Fundamentals 2 contd.]</p> <p>A. Barre 3- Developpe, Frappe + Port de bras, Grand Battement [front, side, back]</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
11	<p>Fundamentals of Ballet Technique [Fundamentals 2 contd.]</p> <p>B. Barre 4- Saute, echappe, changemen</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
12	Practical Unit Test	
13	Examination	

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Term 2

Week	Topic	Reference
1	Dance Vocabulary – Technical and Body Alignment a. Arabesque 1 st 2 nd 3 rd - Russian and French b. Body Posture	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	Pantomime Dance Gestures – video will be introduced and discussed	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
3	Centre 1 A. - 1st Port de bras w/ movement of the head - Battement Tendu w/direction [from 3rd or 5th positions	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	Centre 1 Rond de Jambe a Terre w/ Port de Bras [En Dedans/ En Dehors] - Positions of the arms [1 st , 2 nd , 3 rd Arabesques]	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Week	Topic	Reference
5	Practical Unit Test	
6	Centre 2 - Directions of the body & alignment -Glissade	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
7	Centre 2 Assemble -Tombe pas de Bourre	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
8	Practical Unit Test	
9	Centre 3 Transfer of weight - Adage [Port de Bras, balance, temps lie	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn The World of Ballet Ballet and Dance

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Week	Topic	Reference
10	Centre 3 Petit Allegro [tombe, pas de bourre, glissade, assemble] - Reverence (curtsy)	
11	Practical Unit Test	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
12	Examination	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Term 3

Week	Topic	Reference
1	Revision	
2	The Fixed Points for the Dancer (Pictures will be Shown and Video Content)	
3	Stage Directions – Discussed and video viewing	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	Dance Notations – Choreology	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
5	Anatomy Review on the skeleton and introduction on the Muscles	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Week	Topic	Reference
6	Study of choreography and Technique – Staging a Dance	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
7	Music and Dance notes – Rhythm and Time Signature	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance

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Term 1

Week	Topic	Reference
1	Introduction Brief Discussion and Review of the Last Two Years	
2	Fundamentals of Ballet Technique [FUNDAMENTALS 1] A. - REVIEW: Arm placement at barre (how to hold the barre) (Sideways and Facing) - Position of the Arm	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
3	Fundamentals of Ballet Technique [FUNDAMENTALS 1] B. Positions of the arms and feet at barre - Levels of the Foot (Floor, ¼, ¾, Full)	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
4	Practical Unit Test (containing all aspects of A & B)	
5	Fundamentals of Ballet Technique [FUNDAMENTALS 2] Barre 1- Plies [demi & grande 1 st -5 th] -Tendu [1st, 3rd, 5th w/ plies] - Degage [1 st -5 th]	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
6	Fundamentals of Ballet Technique [FUNDAMENTALS 2] Barre 2- Rond de jambe w/ port de bras - Tendu Passe [combination from 5th w/ plies] - Fondu w/ degage + passe [on floor & 45-degree angle]	

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Term 1

Week	Topic	Reference
7	Unit Test	
8	Choreographic Process – Course Work	
9	Performance – Discussion and Interaction	
10	Fundamentals of Ballet Technique [Fundamentals 2 contd.] Barre 3- Developpe, Frappe + Port de bras, Grand Battement [front, side, back]	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
11	Fundamentals of Ballet Technique [Fundamentals 2 contd.] Barre 4- Saute, echappe, changement	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
12	Practical Unit Test	
13	Examination	

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Term 2

Week	Topic	Reference
1	<p>Centre 1 A. - 1st Port de bras w/ movement of the head - Battement Tendu w/direction [from 3rd or 5th positions]</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	<p>Centre 1 - Rond de jambe a terre w/ port de bras [en dedans/ en dehors] - Positions of the arms [1st, 2nd, 3rd arabesques]</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
3	Practical Unit Test	
4	<p>Centre 2 -Directions of the body & alignment - Glissade</p>	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
5	<p>Centre 2 - Assemble -Tombe pas de bourre (assessment at the end)</p>	
6	Practical Unit Test	

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Week	Topic	Reference
7	Centre 3 - Adage - Allegro	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
8	Centre 3 -Variation [Response to music; listen to a piece of music and create movement variation including steps from vocabulary learned. - Reverence	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
9	Practical Unit Test	
10	Vocabulary – French Terms	
11	Choreography	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
12	Examination	

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Week	Topic	Reference
1	Labanotation in Dance a) What is Labanotation – A way to write Choreography	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
2	Dance Imagery – Plie~, Arabesque, Turns, Saute`, Jetes, Pirouettes	
3	Quiz	
4	Discussion on Staging – Stage Hands, Wardrobe, Props, lighting, Costumes and Staging a Dance	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
5	Discussion on Staging – Stage Hands, Wardrobe, Props, lighting, Costumes and Staging a Dance	
6	Dance: Music Identify Music Symbols and Notes	<ul style="list-style-type: none"> • YouTube Videos • The Ballet Book by Weatherford • Dance Imagery for Technique and Performance (Second Edition) By: Eric Franklyn • The World of Ballet Ballet and Dance
7	Examination	