

**Dance Aerobics Final Exam will be on Performance Assessment Day – Tues. Dec. 17, 2019**

You will perform your choreographed routine with your group during this mandatory session time.

**Essential Question: Have I constructed a routine that achieves the purpose?**

Essential Outcome: Successfully construct and perform an effective aerobics combination.

Group Routines:

1. You will work in pairs or small groups to **create an effective aerobic dance combination**. Your group will be given class time to create the routine and practice for the final exam. Your group time will be monitored for effectiveness and periodic “check-point demonstrations” will be required.
  - Individual grades are earned for performance, but your overall grade for this assignment does include a group component. In addition, if a group member is absent for a class, it is her responsibility to make-up that time in an OL. The make-up time may only be effective if other members attend the OL.
2. Choose music that motivates you and sets an appropriate pace (rhythm) for the movement. Break down the music into counts and give each movement a specific count. This way the entire group can stay on the same rhythm. Choose a place to stop the music that provides a finishing point to the routine.
  - If you need help editing your music, please see Mrs. Grupe during an Open Lab time.
  - Each group is expected to provide a copy of their music for each practice and performance. You may bring your own devices to each class to play the music. You may also want to email your song to Mrs. Grupe so that you have access to a backup if needed.

All music must be approved by the teacher and edited to its final version by class on C day – Dec 10.
3. Your routine should be at least **two minutes** in length. You may likely find that you need to exceed this limit in order to fulfill the other details of the assignment. Routines should not exceed a total of three minutes.
4. Your group routine should be comprised of:
  - Warm-up – the opening section of your routine, a few 8 counts that may include isolation moves, simple-stretching, full body movements that begin to increase your heart-rate and prepare your body for activity.
  - **Cardio** – this is the bulk of your routine. This section will include steps/movements that challenge your mind and body but, most importantly, increase your heart rate.
  - Cool-down – The last section of your routine that begins to lower your heart rate. Breath is important in this section. Appropriate stretches for flexibility could be included. This section will conclude your routine so you may want to add a final pose to signify the end.

5. Think about the technical dance moves that you have learned this semester and use these to build your sequences:
  - Chassé, grapevine, passé sauté, any form of step touch, pivot turns, chainés turns, plié, relevé, sauté or grand battement. Incorporate any other movement to help with transition and flow and to add **creativity** and excitement.
6. Create a formation for the group to start in and at least **two formation changes**.
  - You may want to turn, hop, chasse, skip, run, roll, slide, etc. to new spots. Some formation choices are circles, lines, triangles, diamonds and diagonals.
7. Write down your finished routine. Written sequences should include a description of upper and lower body movements, counts, directional cues, etc.
  - **Each student will complete a hand-written, step-by-step copy of the routine, due by the start of the exam session on Performance Exam day.** Your name must be included at the top of the paper before class starts.
8. Bring this paper to class each time. You will need the instructions and you can use the back (along with additional scrap paper) to write down ideas and keep group notes about choreography and sequencing.

#### Choreographic Tips:

- Think about both the upper and lower body while choreographing (arm moves and footwork in the same step.)
- Level changes help create diversity and intensity. Add floor work for low levels or jumps/leaps for high levels.
- Try facing a different way. Turning a step around may give a completely new perspective and challenge.
- Try manipulating the timing of your movements to add choreographic variety and boost aerobic effectiveness.
- Remember the value of “maintenance steps.” Walking, marching, step-touch, etc. that maintain an elevated heart rate but allow your mind to focus on the next exercise set. These steps also provide a place to add a choreographed set of upper body exercises. Maintenance steps can help you achieve the goal of constant movement in your routine.
- Think about yourself for ideas..., which moves do you like, which moves are best for your body, which moves challenge you the most, etc.
- Be creative – try not to rely too heavily on class material. Although you may use small amounts of choreography from one of the LAP routines, please do not use long strands of exact movements or sequences. Challenge yourself to be creative with the movements you have learned this semester, mix things up, and add your own style.
- **Keep in mind the goal of an aerobic routine... A successful routine includes movements that: demonstrate the dance technique you have mastered throughout the semester and effectively raise your heart rate. Is your routine on track to accomplish this goal?**

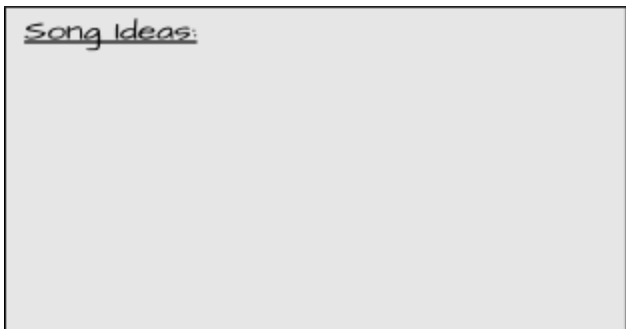
#### Grading (individual and group components):

- ✓ Individual performance: quality/energy, memorization, clarity and exactness in technique
- ✓ Effective use of class time given
- ✓ Fulfilling the details of the assignment
- ✓ Choreography - creativity, difficulty and aerobic effectiveness
- ✓ Rhythmic awareness and sensitivity to tempo
- ✓ Overall group effectiveness

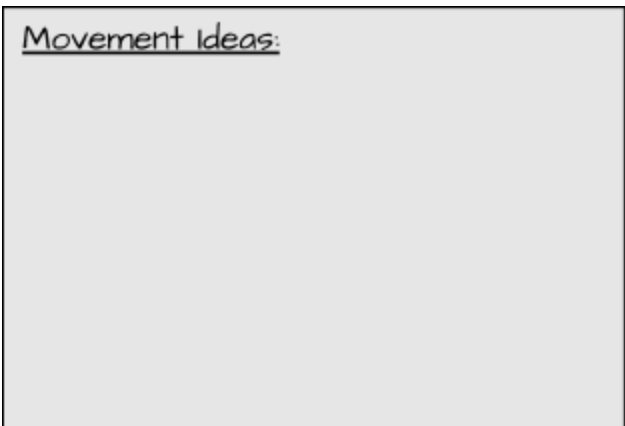
DANCE AEROBICS ROUTINE

Name:

Song Ideas:



Movement Ideas:



Our dance: