

## 坦帕中文学校2023-2024学年中国民族舞蹈课教学大纲

### 教学目的:

儿童期是人一生中心理、生理快速发展的重要阶段，开始舞蹈学习不仅可以发展儿童身体的机能，陶冶儿童性情培养美感。而且可以发展儿童的观察力、注意力、记忆力、思维能力，借助身体动作感受和表现音乐的能力。

中国舞蹈是以中国民族民间舞和中国古典舞为主，其表现形式多样风格迥异，内容丰富多彩，让我们海外华人的孩子从小就能了解学习中华民族优秀文化，Chinese Folk Dance

### 教学重点：

#### 儿童舞蹈形体各部位训练组合：

腰腿软开度、协调性、基本舞步、手位、脚位、基础舞蹈动律的训练手、头颈、胯、胸肩、腰、腿等。

地面部分的练习：坐姿、勾绷脚、腿的外开、肩和头部的练习后背挺直的练习、吸伸腿的练习、压腿的练习、胯膝屈伸、踢腿组合。背肌和腰肌的练习腹肌的练习。

腿的练习：前压腿、旁压腿、吸腿、压胯。

身体协调训练：腰组合、头肩组合、手臂动作配合，步伐训练。

本学年我们的学习重点是三道弯舞种：傣族舞和敦煌舞蹈。

“三道弯”，特指在舞蹈动作中的头和胸、腰和臀、胯和腿以反方向呈S状的形态。

知识与技能：了解傣族舞，敦煌舞的基本文化背景，掌握傣族舞，敦煌舞的基本手位，基本脚位，基本动作，基本动律及特点

过程与方法：能掌握动作要领和组合顺序，准确把握音乐节奏，能够完整，连贯地完成舞蹈。学习身体和手臂形成的“三道弯”造型以柔中带刚的动作韵律。

教学重点：掌握傣族舞，敦煌舞的基本手形手位，脚位，步伐。

教学难点：1、傣族舞蹈敦煌舞蹈的“三道弯”的体态造型，身体的斜靠感，动作的协调与韵律美。  
2、学会傣族，敦煌舞手位脚位步伐组合。

目标：完成两支完整傣族舞，和一支敦煌舞的学习。参加社团表演活动。

教师：Shirley Su

## Syllabus of Chinese Ethnic Dance Class in Tampa Chinese School 2023-2024

### Purpose of teaching:

Childhood is an important stage of rapid psychological and physical development in one's life. Starting dance learning can not only develop children's physical function, but also cultivate children's temperament and cultivate beauty. And it can develop children's observation, attention, memory, thinking ability, and the ability to feel and express music with the help of physical movements.

Chinese dance is mainly based on Chinese folk dance and Chinese classical dance. Its expression forms are diverse and styles, and the content is rich and colorful, so that our overseas Chinese children can understand and learn the excellent culture of the Chinese nation from an early age. Chinese Folk Dance

### Teaching focus:

Training combination of various parts of children's dance body:

Waist and leg soft opening, coordination, basic dance steps, hand position, foot position, basic dance rhythm trainer, head and neck, crotch, chest and shoulders, waist, legs, etc.

Exercises on the ground: sitting posture, hooking feet, opening of legs, shoulder and head exercises, back straightening exercises, suction and stretching legs, leg pressing exercises, crotch knee flexion, kicking combination. Exercise of dorsal and psoas muscle. Exercise of abdominal muscle.

Leg exercises: front leg press, side leg press, leg suction, crotch press.

Body coordination training: waist combination, head and shoulder combination, arm movement coordination, pace training.

This school year, we focus on three kinds of curved dances: Dai dance and Dunhuang dance.

"Three bends" specifically refers to the S-shaped shape of the head and chest, waist and buttocks, crotch and legs in the dance movement in the opposite direction.

Knowledge and skills: understand the basic cultural background of Dai dance and Dunhuang dance, master the basic hand position, basic foot position, basic movements, basic rhythm and characteristics of Dai dance and Dunhuang dance.

Process and method: be able to master the essentials of movements and the order of combination, accurately grasp the rhythm of music, and be able to complete the dance in a complete and coherent

manner. Learn the "three bends" shape formed by the body and arms with a soft and rigid movement rhythm.

Teaching focus: master Dai dance, the basic hand-shaped hand position, foot position and pace of Dunhuang dance.

Teaching difficulties: 1. The "three bends" of Dai dance Dunhuang dance, the body's sense of leaning, the coordination of movements and the beauty of rhythm.

2. Learn the Dai people, Dunhuang dancer's foot position pace combination.

Objective: Complete two complete Dai dances and one Dunhuang dance. Participate in community performance activities.

Teacher: Shirley Su