
Learning Competencies

- Discuss the nature of different dances(PEH12FH-Ia-19)
- Explain how to optimize the energy systems for safe and improved performance (PEH12FH-Ib-c-2)



What is Contemporary Dance?

Contemporary dance is an interpretative dance form that values originality and combines elements of **jazz, modern dance, classical ballet, and lyrical dance**. It is characterized by flexibility of movement, fluidity, and improvisation, allowing dancers to explore the mind-body connection and, ideally, invoking emotion in the audience.

Contemporary dancers can utilize the medium to portray characters, reenact events, or share personal narratives. It is sometimes thought as a sort of storytelling. Its routines may also convey abstract concepts like moral principles, self-acceptance, and current social challenges. **Contemporary is not associated with a specific dance style.**

The majority of movements and techniques utilized in contemporary dance are drawn from a variety of modern forms and genres. Contemporary is also the most popular and widely performed dance form today. Ballet is more traditional, but contemporary dance has its roots firmly planted in the modern dance movement.

Why Learn Contemporary Dance?

Students who study contemporary dance develop physical skills and training habits that can help them maintain better health throughout their lives as this strive to connect the mind and the body through fluid dance movements. Dancers bring out their creativity by channeling their feelings through every dance step. Improved mental functioning, general and psychological well-being., greater self-confidence and self-esteem and better social skills.

BENEFITS OF CONTEMPORARY DANCE

- Improved condition of your heart and lungs
- Increased muscular strength, endurance and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Stronger bones and reduced risk of osteoporosis.
- Better condition, agility and flexibility.
- Improved balance and spatial awareness.
- Increased physical confidence.
- Improved mental functioning.
- Improved general and psychological well-being.
- Greater self-confidence and self-esteem

7 Choreographers Who Influenced Contemporary Dance

Isadora Duncan

Duncan is one of the most recognized dancers in the history of contemporary dance. was an American pioneer of dance and is an important figure in both the arts and history. Known as the “Mother of Modern Dance,” Isadora Duncan was a self-styled revolutionary whose influence spread from American to Europe and Russia, creating a sensation everywhere she performed.

Merce Cunningham

In the forefront of the dance avant-garde for more than 50 years, Cunningham revolutionized his field, divorcing movement from the music that accompanied it, and from the constraints of narrative. His influence has been enormous. Cunningham, because of his complete break with formal dance techniques, is often referred as the father of contemporary dance.

Martha Graham

A pioneer of modern dance. Her innovative style laid much of the groundwork for the contemporary dance movement. She's also responsible for developing the Graham technique, which takes its inspiration from the breathing cycle and has become an intrinsic part of modern dance forms.

Lester Horton

Developed modern dance techniques inspired by Native American dances. He was also one of the first American choreographers to insist on racial integration in his performances. His legacy lives on in the work of notable contemporary choreographers, including Alvin Ailey and Bella Lewitzky, who studied under Horton as part of his dance company.

José Limón

In the mid-twentieth century, Mexican choreographer José Limón developed a distinctive masculine movement style while establishing the importance of men in contemporary dance. His choreography often explored themes pulled from religion, literature, and history.

Loie Fuller

Fuller was an American dancer who innovated the genre with her experimental colored lighting and the use of silhouettes and silk. She may be best known for creating the serpentine dance, which was inspired by popular skirt dances.

Ruth St. Denis

American choreographer Ruth St. Denis created the concept of music visualization, which explored movement equivalents to the musical components, such as rhythm and timbre. Believing that dance should be a spiritual act, she embraced themes that were once thought too philosophical for dance and often pulled techniques from traditional Asian dance forms.

Activity

Instruction: Choose at least two choreographers who had an impact on contemporary dance that astounded you and explain them in your own words.

Summary/Synthesis

Dancing Contemporary will improved mental functioning, general and psychological well-being., greater self-confidence and self-esteem and better social skills and knowing history allows us also to gain a better understanding surrounding the events, challenges, and celebrations that helped to form the people who developed our art form

References

- <https://isadoraduncan.org/foundation/isadora-duncan/> (Isadora Duncan)
- <https://www.azcentral.com/story/entertainment/arts/2016/11/02/pioneers-modern-dance/91372636/> (Merce Cunningham)
- <https://www.masterclass.com/articles/what-is-contemporary-dance> (What is Contemporary Dance)
- <https://www.masterclass.com/articles/what-is-contemporary-dance> (7 Choreographers who influenced Contemporary Dance)

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Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK 7

Test I. Multiple Choice

Instruction: Read and understand the statement. Write encircle your answer.

1. One of the contemporary dance choreographers where her innovative style laid much of the groundwork for the contemporary dance movement?
 - a. Isodra Duncan
 - b. Martha Graham
 - c. Ruth St. Denis
 - d. Loie Fuller
2. Known as the “Mother of Modern Dance”?
 - a. Isodra Duncan
 - b. Martha Graham
 - c. Ruth St. Denis
 - d. Loie Fuller
3. One of the contemporary dance choreographers where his choreography often explored themes pulled from religion, literature, and history?
 - a. José Limón
 - b. Martha Graham
 - c. Ruth St. Denis
 - d. Loie Fuller
4. American choreographer who created the concept of music visualization, which explored movement equivalents to the musical components, such as rhythm and timbre?
 - a. Isodra Duncan
 - b. Martha Graham
 - c. Ruth St. Denis
 - d. Loie Fuller
5. He often referred as the father of contemporary dance because of his complete break with formal dance techniques?
 - a. José Limón
 - b. Merce Cunningham
 - c. Ruth St. Denis
 - d. Loie Fuller

Test II. Essay

Instruction. Give at least 1 quotes related to Contemporary Dance and explain it. (5 points)