



Israeli Folk Dancing (5 ECTs)

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Office Hours

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Aims

1. Exposing learners to folk dancing and the unmediated link to melody and song, as part of Israeli culture. Knowledge of the historical background and the main characters who were involved in the process of Israeli dance formation and development.
2. Knowledge of a variety of marches performed in Israeli folk dancing, with an emphasis on quality of performance and movement style, as a basis for learning dance with different characteristics.
3. Developing movement skills and physical fitness components with awareness, such as: cardiovascular endurance, strength, balance, agility, coordination, sense of rhythm, and social and cognitive skills, such as: motor memory, analysis, decomposition and composition of skill sequence, understanding fluency in movement and reference and group awareness; All through dance.
4. Building auxiliary exercises and preparation exercises in relevant movement patterns for the dance being taught.
5. Incorporating dancing into the physical education curriculum in schools as a contribution to improving social, cultural and physical aspects.

B. Course structure:

1. This course mainly uses the direct teaching model, as the dances are a constant. The task is presented visually and verbally. The teacher will provide feedback, highlights and correctional terms throughout the learning period. The collaborative learning model is also integrated.
2. A number of compulsory dances are set as a fundamental basis for a variety of tools that provide tools for further learning and teaching in different settings. Additional dances are taught according to what has been achieved and the level of learners.

3. Each lesson will include repetitions of what has been learned and new study material.
4. The learning process will include self and group work by joint practice also outside the lesson framework, how to control the sequence of movements and steps and integration into the group dance.
5. There will be a lecture designed to summarize the articles on the course website, clarify terms and definitions, write a dance structure, ways to identify dances and basic principles on teaching methods.
6. Knowledge and understanding of the material will be reflected in skill tests and written exercises.

B. Assignments and benchmarks for evaluation.

1. Active participation in lessons, correction and improvement of required skills.
2. Suitable outfit, dancing shoes (barefoot also accepted).
3. Taking responsibility for practicing outside of the lesson plan
4. Tests that include demonstration of skills in each teaching unit and the final exam - 65%
 - Knowledge of the marches
 - Execution quality and style
 - Knowledge of the dance
5. Submitting written exercises based on reading in relevant literature and instruction – 10%
 - Knowledge of professional terms when analyzing dance structure
6. Final theoretical test - 25%
 - Define terms and steps
 - Dance Recognition
 - Dance structure analysis
 - Articles on the course website and sources.

In accordance with the decision of the academic committee: "A student must obtain at least 50% in the theoretical part and at least 50% in the practical part in order for the final grade to be weighted for a total grade."

A passing grade in the course is at least 55%, even if the student has obtained a grade of 50% in the practical (or theoretical) part.