

Practice and Application of Dance Teaching Curriculum System in Aesthetic Education for Teenagers

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Abstract: One of the goals of youth quality education is to let teenagers in the “moral, intellectual, physical, aesthetic, labor” five aspects of comprehensive development, for the future development of life to lay a solid cultural foundation. Especially with the development of quality education for teenagers in recent years, the society has higher requirements for the development of aesthetic education for teenagers. Aesthetic education is to train students to appreciate beauty, feel beauty, appreciate beauty and create beauty. Aesthetic education aims at cultivating teenagers' sentiment so that they can have the ability to appreciate beauty and create beauty. As an important form of aesthetic education, dance education has become an important content of youth aesthetic education. This paper will start with the development of dance education at the present stage, briefly analyze the role of dance education in the development of aesthetic education for teenagers, and further provide theoretical and practical support for the development of dance education.

1. Introduction

In today's era, aesthetic education plays an increasingly important role in the reform of basic education. With the deepening of quality-oriented education reform, artistic accomplishment has been valued by people from all walks of life and has become one of the necessary conditions to judge whether a person is a compound talent. As an important part of aesthetic education, dance is of great significance to the healthy development and personality shaping of teenagers. Therefore, schools should further increase the proportion of dance education in the youth aesthetic education curriculum, emphasizing the positive role of dance education in quality education.

2. The Meaning of Aesthetic Education

Aesthetic education is aimed at cultivating students' sound aesthetic sense, so that people have the ability of ideal beauty, sentiment beauty, character beauty, cultivation of beauty, appreciation of beauty and creation of beauty. CAI Yuanpei is our modern educator. He once said: “Aesthetic education is the unification of aesthetic education and education. On the premise of” cultivating feelings “, aesthetic education is to cultivate students with beautiful and good thoughts and morals, advocate cultivating sentiment and establishing feelings and beliefs of beauty in aesthetic education. Starting from the needs of modern quality education, aesthetic education aims at “morality”, “wisdom”, “body”, “beauty” and “work”, and carries out the comprehensive construction of students' moral accomplishment, moral accomplishment and moral accomplishment. Aesthetic education is an important way to realize “beauty” and quality education.

3. The Relationship between Dance Teaching Curriculum and Aesthetic Education

Dance teaching has unique advantages compared with other art teaching because of its unique advantages in rhythm, movement and form. Dance is a comprehensive way of artistic expression, which organically combines music, art and sports. Its main purpose is to make students have a variety of artistic feeling and expression ability, so as to further develop quality education. The goal of aesthetic education is to train students to feel beauty, appreciate beauty, create and create beauty,

so that they become a versatile person. From this point, we can see that dance teaching and art teaching are closely linked, and the continuous improvement of dance teaching will make art teaching get better play, so as to make dance teaching get better development. At present, the reform of basic education in China has been carried out in an all-round way. The importance of dance education to the aesthetic education of teenagers is beyond doubt, which deserves our continued attention and development^[1].

4. Give Play to Aesthetic Education

4.1 Feel Positive Thoughts

As the result of the combination of aesthetic education and education, aesthetic education is of great significance for students to feel positive thoughts. The hidden virtue behind dance lays the operational foundation for students' aesthetic education^[2].

5. Dance Education Plays an Important Role in Cultivating Teenagers' Aesthetic Education

5.1 Dance Education Can Promote the Physical and Mental Development of Teenagers

In view of the puberty is the peak of physical and mental development, the training of their physical and mental quality has put forward higher requirements, therefore, dance education can not only make their body and mind get better education, but also meet their future physical and mental development needs. First, in the teenage body development stage, can be stretched and stretched, so that it has an elegant, light body; Secondly, teenagers in the process of learning dance, can improve their will, relieve their tension, strengthen team building, so as to effectively prevent depression, autism and other mental disorders. Therefore, in the youth's education and physical development, dance plays a role that no other art can replace.

5.2 Dance Education Can Improve the Aesthetic Accomplishment of Teenagers

Aesthetic education mainly aims at cultivating students' aesthetic accomplishment and strengthening their own aesthetic attainments. Aesthetic education is essentially a kind of emotional education, which is to gradually improve the ability to appreciate beauty through the teaching and guidance of aesthetic teachers. And dance education in adolescent aesthetic education mainly through the dance moves itself for life feeling, feeling the world, with the attitude of the most pure feelings brought by the art atmosphere, with a dance to express people's emotions, and infections have different minds and hearts collision occurs in the arts, in order to achieve exciting role. Thus, dance education can cultivate the artistic sentiment of teenagers in a subtle way, gradually improve their aesthetic accomplishment, so that teenagers fully feel the beauty of life^[3].

5.3 Cultivate Patriotism

Socialist society's aesthetic education requires students to have the patriotic sentiment, pay attention to behavior and heart, in the process of traditional Chinese national dance learning, based on the idea of national dance has more performance is to carry forward the spirit of patriotism and national amorous feelings, so learning such a dance works help to expand students' knowledge of other ethnic customs, And it is beneficial to cultivate students' patriotic sentiment. Before teaching dance movements, generally teachers will teach the stories and feelings behind the dance to everyone, and students will continuously acquire this knowledge and unconsciously form the patriotism of loving the motherland and national unity, such as Tianshan Youth and Sanctity. Through dance learning, aesthetic education can be imperceptibly implemented, students' patriotism can be cultivated, and their understanding of external things can be increased, so as to realize the scientific teaching effect of combining teaching with fun.

5.4 Purify the Mind and Enhance the Ability to Distinguish between Beauty and Ugliness.

Students' concentration and emotional involvement in dance learning helps to purify their minds.

I immersed myself in the emotions of the dancer, detached from the world. At the same time, students should not evaluate the conditions outside, recognize that everyone has advantages and disadvantages, cultivate students not to like things and not worry about their own peace of mind. For example, in the dance “pastry fragrance”, the girl in ragged clothes does not change because of other people's attitude, and finally makes the most sweet pastry to get everyone's love. The students realize that only the true, the good and the beautiful are the standards for evaluating things, and there is no influence of other external factors. In other words, the implied virtue education is formed for the students, that is, the strength or ability can be used as the standard for judging beauty, rather than appearance, wealth and so on. Such a dance is conducive to the education of young people love labor, not to beauty and ugliness of the people. It can be seen from the above dance examples that dance education itself has the function of beauty and plays an important role in virtue education in the physical and mental development of teenagers, as well as making up for the quality defects of people and improving the psychological quality of teenagers. Through learning dance, aesthetic education is helpful to cultivate students' ability to distinguish true, good, beautiful and false, evil and ugly, and it has a great promoting effect on cultivating students' thinking mode and habits of beauty, such as positive and optimistic attitude, patriotism and collectivism consciousness.

5.5 Cultivate the Character and Quality of Students through Dance Education.

When conducting dance training for teenagers, we should actively cultivate students' moral accomplishment, firm will and aesthetic ability. Through the story and connotation of each dance, teachers should teach the main connotation of dance expression, help students to understand, and actively guide students. In addition, teachers can expand to help students enhance their understanding on the basis of original understanding, and learn implicit internal virtues through dance representation, such as the cognition of collective consciousness, cultivation of patriotism, and establishment of brave and strong faith. Teachers should teach aesthetic education as much as possible. Guide students' potential thinking, make students realize the importance of good moral character, and encourage students to carry forward the virtue, and eventually become the unswerving moral quality of teenagers.

5.6 Cultivate the Spirit of Mutual Help in Dance Teaching.

For teenagers, dance is not only the art of shaping the body, but also hard work and fatigue. As the saying goes, one minute on the stage, ten years of work off the stage, the process of learning dance is accompanied by sweat and tears, the hard work in dance practice makes students realize that success is hard-won, and realize that success comes from efforts and the importance of efforts. Training process at the same time, teachers should focus on cultivating students and among students, the spirit of cooperation for mutual assistance between teacher and students, practicing dance within the collective harmonious atmosphere, students for a long time in the beautiful teaching environment, will not only help dance technology promotion, dry and to help students set up the collective concept and the collective sense of honor, and then implement aesthetic education in teaching activities and students' life education.

5.7 Cultivate Students' Lively Personality and Strong Character in Dance Teaching.

Now the only child in the majority of teenagers, by the dry parents of love, family life, leading to a lot of students appear introverted, capricious, delicate problems. In the process of learning dance, the teacher can be corrected to dance characteristics, according to the characteristics of students according to their aptitude, guides the student to correct, such as for introverted students can be active and lively dance encourage students expressive force, so that the students gradually overcome shy timid, capricious, fragile to through dance training hard to improve the student's trouble, Make it form good behavior character gradually.

6. Conclusion

To sum up, dance education plays an increasingly important role in the aesthetic education of

teenagers, and has also become one of the important contents of the reform of basic education and quality education in China. Dance education can not only cultivate teenagers' perception and expression ability of aesthetic art, but also contribute to their healthy growth in shaping their form and character, improving their quality and cultivating their sentiment. Considering the comprehensive nature of the dance, its role in teenagers aesthetic education will be more outstanding, which requires adequate manpower, material and financial resources from all walks of life support, seriously implement the “people-oriented” education, help the dance education to a new level, to obtain a more broad space for development, makes the dance education in adolescent aesthetic education in sustainable development.

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