Movement Education

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **December**
Length: **3 Weeks**
Status: **Published**

Transfer

Movement Education

Enduring Understandings

Historical and cultural principals/advancement of dance have a social and physical impact on how diverse groups of people interact harmoniously in society.

Music and movement allows for wordless storytelling and freedom of expression, for people who may find it difficult to communicate/verbalize otherwise.

Essential Questions

How many formations can be used in different dances?

What are the different dance calls and cues?

What are the physical and social benefits of dance?

How can etiquette in dance be applied to everyday living?

Where can an individual go to dance in New Jersey?

Content

Caller, cue, home position, rhythm, beat, steps, aerobic, cardiovascular

Learning Objectives

Keep rhythm with music while performing the basic dance steps alone and with a partner.

Demonstrate the ability to be able to work cooperatively in a group.

Demonstrate the ability to put a sequence of movement steps together in a routine

Critique and analyze peer performances and provide appropriate feedback.

Demonstrate an effort to improve personal skill level.

Demonstrate how to transition between dance steps and how to use the rhythm of the music to dictate the speed of the movement.

Resources

Stereo System

Music

YouTube Videos

Standards

HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
HPE.2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.