Unit 5 Rhythmic Movement

Content Area: **Physical Education and Health**
Course(s): **Painting, Physical Education/Health**
Time Period: **March**
Length: **3 weeks**
Status: **Published**

Enduring Understandings

Rhythmic movement is an important aspect of overall movement and performance.

Rhythmic movement can improve gross motor development.

Rhythmic movement improves auditory and kinesthetic learning.

Essential Questions

Can I find rhythmic patterns in other places besides music such as math, art or literature?

What does rhythmic movement do for my overall well being?

How does rhythmic movement help me in my everyday life?

Skills

Performing various skills with body control to the rhythm of a beat.

Recognizing and responding appropriately to change of tempo and volume.

Traveling in space safely and effectively alone or with a partner.

Standards

HPE.2.5.2	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.2.A	Movement Skills and Concepts
HPE.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HPE.2.5.2.A.3	Respond in movement to changes in tempo, beat, rhythm, or musical style.
VPA.1.1.2.A	Dance
VPA.1.1.2.A.4	Apply and adapt isolated and coordinated body part articulations, body alignment, balance, and body patterning.
VPA.1.1.2.A.CS1	Original choreography and improvisation of movement sequences begins with basic understanding of the elements of dance.
VPA.1.1.2.A.CS2	Original movement is generated through improvisational skills and techniques.
VPA.1.1.2.A.CS4	The coordination and isolation of different body parts is dependent on the dynamic alignment of the body while standing and moving.
VPA.1.3.2.A	Dance
VPA.1.3.2.A.1	Create and perform planned and improvised movement sequences using the elements of dance, with and without musical accompaniment, to communicate meaning around a variety of themes.
VPA.1.3.2.A.2	Create and perform planned and improvised movement sequences, alone and in small groups, with variations in tempo, meter, rhythm, spatial level (i.e., low, middle, and high), and spatial pathway.
VPA.1.3.2.A.3	Define and maintain personal space, concentrate, and appropriately direct focus while performing movement skills.
VPA.1.3.2.A.CS1	The elements of dance are time, space, and energy. Improvisational structures facilitate movement invention. Musical or non-musical accompaniment is a choice. Dance can communicate meaning around a variety of themes.

Assessments

Control of body movements
Formative: Other Evidence:Other: Teacher Observation