

# Dance

Content Area: **Health & Phys Ed**  
Course(s): **Physical Education 9-12**  
Time Period: **Semester 1**  
Length: **3 weeks**  
Status: **Published**

## Standards

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HE.9-12.2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
HE.9-12.2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
HE.9-12.2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
HE.9-12.2.2.12.LF.7	Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.
HE.9-12.2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
HE.9-12.2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
HE.9-12.2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HE.9-12.2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
HE.9-12.2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

## Enduring Understandings

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1. Aerobic exercise through dance and movement is critical to the overall health of an individual.

### ***HE.9-12.2.2.12.PF - Physical Fitness***

- [Core Idea] - *Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

2. Repetition of dance sequences to music improves confidence, performance and musicality.

**HE.9-12.2.2.12.MSC - Movement Skills and Concepts**

- [Core Idea] - The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.

3. Balance, coordination, and flexibility are key components of dance.

**HE.9-12.2.2.12.MSC - Movement Skills and Concepts**

- [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

4. Participation in dance provides an understanding of basic functional body movements.

**HE.9-12.2.2.12.LF - Lifelong Fitness**

- [Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).

5. The dance unit encourages creative exploration and collaboration through creating dance routines to different music or dance sequences with peers.

**HE.9-12.2.2.12.MSC - Movement Skills and Concepts**

- [Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.

**Essential Questions**

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1. What components of fitness does dance encompass?
2. How does dance increase the fitness level of an individual?
3. Is flexibility important for a successful dance sequence?
4. What is the importance of music and rhythm?
5. Is dance aerobic exercise or can it be anaerobic exercise as well?

**Knowledge and Skills**

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The performance expectations are:

- Students will understand the social, emotional, and physical benefits of dance. **HE.9-12.2.2.12.LF.5 HE.9-12.2.2.12.PF.1**
- Students will learn and perform basic contemporary dance step. **HE.9-12.2.2.12.MSC**
- Students will learn and practice choreographed dance routine. **HE.9-12.2.2.12.MSC**
- Students will learn and perform different combinations of dance steps. **HE.9-12.2.2.12.MSC**
- Students will be able to create their own dance routine using basic steps taught in class. **HE.9-12.2.2.12.LF.4**

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## **Transfer Goals**

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1. Students will be able to independently participate in a lifelong activity.
2. Students will be able to understand rhythm and tempo through being active while gaining optimal benefits of exercise.
3. Students will be able to use dance as a stress management technique.

## **Resources**

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Sample Lesson Plans from PE Central. Dance steps and creative techniques to assist in class.

- <https://www.pecentral.org/lessonideas/dance/danceindex.asp>

Purpose and benefits of Dance in PE.

- [https://www.ecis.org/active\\_with\\_dance/](https://www.ecis.org/active_with_dance/)

Why Dance could be one of the most important units in PE.

- <https://blog.gophersport.com/why-teach-dance/>

## **Assessments**

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<https://docs.google.com/document/d/1z90hu2-1CXoUTewriJPJT15846tUuXMFSuMHD8is0yI/edit>

## **Modifications for Diverse Learners**

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<https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENE/edit>