Unit 9: Dance

Content Area: **Unified Arts**
Course(s): **Physical Education 1**
Time Period: **May**
Length: **10 Days**
Status: **Published**

Unit Summary

Dance unit will consist of exploring movements and how they change in response to the rhythm, tempo and beat of music. Teacher will give opportunity for feedback and will let them navigate through songs that include self-improvisation and pre-determined choreography.

Student Learning Objectives

Students will learn...

- how to perform folk dances from varying cultures and time periods.
- melody, rhythm, phrasing, form, steady beat, and tempo through dance and physical activity.
- how to perform planned choreography and improvised dance sequences.

Essential Questions

- Can dance build community and teamwork?
- What connections can be made between dance and healthy living?
- Can dance improve musicianship skills such as recognizing steady beat and rhythm?
- Will dance make me a better athlete by improving balance, coordination, and muscle tone?

Enduring Understandings

Students will understand that...

- Previously learned movement patterns will help in the exploration of dance.
- They can express themselves as a soloist and also as part of a group.
- Dance is important for learning balance, coordinaton, quick feet and helps develop muscle tone, which will be necessary in other activities/sports.

Application

Students will be able to independently use their learning to...

- Maintain or change tempo, beat and keep rhythym throughout the music.
- Perform pre-determined choreography or self-improvisation while with peers.

Skills

Students will be skilled at...

- Understanding and performing the different genres in music/dance.
- Maintaining a beat, rhythm, and understanding tempo changes and making adjustments when warranted.
- Feeling comfortable working with/around peers to achieve a common goal.

Resources

- Move Your Feet by Junior Senior (Radio Edit) (YouTube)
- Chicken Dance by Why It's True (YouTube)
- Chimes of Dunkirk by Bow Tie Music (YouTube)
- Prior Teacher Knowledge
- Teacher Created Rubric