

# Unit 8 - Dance

Content Area: **Unified Arts**  
Course(s): **Physical Education 6**  
Time Period: **March**  
Length: **10 days**  
Status: **Published**

## Unit Summary

---

Dance is very common for students to participate in throughout their lives whether it be competitively or socially. It is important for students to learn various popular social line dances so they can participate at dances, parties, and social gatherings.

## Standards

---

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.3	Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).
HPE.2.5.6.C.3	Relate the origin and rules associated with certain games, sports, and dances to different cultures.
HPE.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
VPA.1.1.8.A.4	Integrate a variety of isolated and coordinated movements in dance compositions and performances, making use of all major muscle groups, proper body mechanics, body patterning, balance, and range of motion.
VPA.1.3.8.A.3	Choreograph and perform movement sequences that demonstrate artistic application of anatomical and kinesthetic principles as well as rhythmic acuity.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

---

- Students will learn popular social dance routines.
- Students will learn couple's dance.
- Students will learn various rhythmic movements.
- Students will learn how to create 2-3 minute dance routines to perform in a dance competition.

## Essential Questions

---

- Why is dancing important for your physical, social and mental health?

## **Enduring Understandings**

---

- Students will understand that dance is a lifelong activity that requires creativity, concentration, and confidence.

## **Application**

---

- Students will be able to independently use their learning to create, perform, and judge dance performances.

## **Skills**

---

Students will be skilled at:

- Implementing dance steps.
- Following sequences.
- Demonstrating body awareness.
- Applying creativity.
- Utilizing teamwork.
- Demonstrating confidence.