

# Unit 7 - Dance

Content Area: **Unified Arts**  
Course(s): **Physical Education 8**  
Time Period: **February**  
Length: **10 days**  
Status: **Published**

## Unit Summary

---

The Dance Unit for 8th Grade is designed to engage the maximum amount of students in a fun, learning environment. The Unit is designed in accordance with the 8th Grade Comprehensive Health and Physical Education Standards. The Unit begins with students participating in Just Dance, a popular video gaming experience. Students are encouraged to share their favorite dances, and move (dance) with their friends in a non-threatening social atmosphere. Following 3-4 classes of videos, students are instructed use their Chromebooks, to go to Google Classroom. The unit models a Problem Based Learning (PBL) methodology. Students are introduced to the PBL through the Google Classroom where all aspects of the project are thoroughly reviewed. Dependant upon the class/mix of students, groups are either teacher assigned or student chosen. Students are encouraged to take care of one another; invite those who struggle to find groups as well as teach those who struggle, how to approach a group and ask to join. The Dance unit combines Comprehensive PE, Health and Fitness Standards. The end result is a dance "rec ital" where all groups are asked to share and perform their 2 minute dance creation.

## Standards

---

HPE.2.1.8.A.3	Relate advances in technology to maintaining and improving personal health.
HPE.2.2.8.A.1	Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.
HPE.2.2.8.A.CS2	Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
HPE.2.2.8.B.1	Predict social situations that may require the use of decision-making skills.
HPE.2.2.8.B.2	Justify when individual or collaborative decision-making is appropriate.
HPE.2.2.8.C.CS1	Working together toward common goals with individuals of different abilities and from different backgrounds develops and reinforces core ethical values.
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.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.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
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.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.B.CS1	Apply existing knowledge to generate new ideas, products, or processes.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

---

- Students will learn the value of dance as type of fitness activity.

- Students will learn movement sequences.
- Students will learn social and emotional strategies with peers.
- Students will learn cooperation and teamwork skills.

## Essential Questions

---

- Why are dance activities important?
- What skills can I use in other settings?

## Enduring Understandings

---

- Students will understand that dance is a lifelong activity for every individual's needs.
- Students will understand that dancing uses proper skills of individuals.
- Students will understand that elements of dancing in order to have success with dancing.

## Application

---

- Students will independently use their learning to engage in social situations that require group interaction and cooperation.
- Students will independently use their learning to develop a life Fitness Program to enhance physical activity and fitness.

## Skills

---

Students will be skilled at:

- Performing movements using a designated rhythm.
- Coordinating arm and leg movements.
- Keeping in time with the music.
- Cooperation and Teamwork.