

Unit 8: Dance 4

Content Area: **Unified Arts**
Course(s): **Physical Education 4**
Time Period: **March**
Length: **4 classes**
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

HE.3-5.2.2.5.PF.2	Accept and respect others of all skill levels and abilities during participation.
HE.3-5.2.2.5.PF.3	Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).
HE.3-5.2.2.5.MSC.1	Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).
HE.3-5.2.2.5.MSC.2	Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.
HE.3-5.2.2.5.MSC.3	Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).
HE.3-5.2.2.5.MSC.4	Develop the necessary body control to improve stability and balance during movement and physical activity.
HE.3-5.2.2.5.MSC.6	Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.

Student Learning Objectives

Students will learn to:

- perform popular social dance routines.
- participate in a modified couple's dance.
- demonstrate various rhythmic movements.

Essential Questions

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

Enduring Understandings

The 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 perform dance routines in social environments and also explore alternative fitness activities through dance.

Skills

Students will be skilled at:

- following dance steps.
- following sequences
- being aware of what their bodies are doing.
- thinking creatively.
- demonstrating confidence.