

# Unit 7: Dance 5

Content Area: **Unified Arts**  
Course(s): **Physical Education 5**  
Time Period: **March**  
Length: **6 Classes**  
Status: **Published**

## Unit Summary

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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

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## Student Learning Objectives

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Students will learn to:

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

## Essential Questions

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

## Enduring Understandings

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The students will understand that dance is a lifelong activity that requires creativity, concentration, and confidence.

## Application

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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**

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Students will be skilled at:

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