Unit 04: Dance

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **2 Weeks**
Status: **Published**

Brief Summary of Unit

The students will learn about the social, aesthetic, and physical benefits of various dances. They will practice rhythmical movement, coordination, social interaction, and self expression. Students will also utilize modern dance technology.

Standards

1.1.8.Cr1a	Implement movement created from a variety of stimuli (e.g., music, sound, literary forms, notation, natural phenomena, experiences, current news, social events) to develop an original dance study.
1.1.8.Pr5	Developing and refining techniques and models or steps needed to create products.
2.2.2	Physical Wellness
2.2.2.MSC	Movement Skills and Concepts
2.2.2.MSC.2	Differentiate non-locomotor and locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).
1.1.8.Cn10	Synthesizing and relating knowledge and personal experiences to create products.

Transfer

Essential Questions

- How can be dance be a lifetime activity?
- How can rhythm and dance improve all components of physical fitness?
- How does rhythm and dance fit into our lives?
- What are proper safety techniques for dance?
- What are some modern forms of technology that can be applied to dance?
- What are the social and physical benefits of dance?
- What types of dances are done at weddings, religious celebrations, and fitness clubs?

Essential Understandings

- dance can foster healthy social skills and relationships.

- dance is a lifetime physical activity.
- dance requires many different skills such as: balance, coordination, listening, and rhythm.
- safety is an important aspect of dance.
- technology can be used to enhance dance.

Students Will Know

- a variety of dance formations.
- different dance steps and skills.
- different types of dance music.
- how technology applies to dance.
- proper etiquette involved in dance.
- safety rules for dance.
- the benefits of thorough stretch before engaging in dance.

Students Will Be Skilled At

Evidence/Performance Tasks

- answer the essential questions.
- complete a written exam on the terminology and formations involved in dance.
- demonstrate appropriate social interaction.
- demonstrate proper form when doing various dances.
- develop and create their own individual and group dance routines.
- step to the beat of the music and follow cues and rhythm.

Learning Plan

- Demonstrate steps and formations.
- Develop and create their own individual and group dance routines involving steps previously learned.
- Discuss terminology.
- Engage in square dances, line dances, party dances, and fitness dances.
- Implement current dance technology (Geomotion, Dance Dance Revolution, Wii “Just Dance,” Zumba DVDs, P90X).
- java•Discuss history and cu1rrent uses of dance in society.

Materials

Suggested Strategies for Modifications

- • Explanation and demonstration through kinesthetic, visual, and auditory strategies
- • Students having difficulty will be encouraged to seek assistance from a peer or teacher for additional support.