Unit 3b-Dance/Yoga

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 2**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Question

What is a non locomotor movement?

What is a locomotor movement?

Big Ideas

The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports, and recreational activities.

CSDT Technology Connection

• 8.2.2.ITH.3: Identify how technology impacts or improves life.

• 8.2.2.ITH.4: Identify how various tools reduce work and improve daily tasks

CSDT Technology Integration

8.1.2.A.3 Compare the common uses of at least two different digital applications and identify the advantages and disadvantages of using each.

Activity: Kids hip hop moves-dance video. Students watch instructional video for the Cupid Shuffle dance. Students follow along with the video which breaks down the dance into three parts. Each part is practiced individually. When mastery is completed all parts are put together. Students will list advantages/disadvantages of SmartTV and projector.

Enduring Understandings

2.2 Physical Wellness

Movement Skills and Concepts

2.2.2.MSC.1: Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hoping, skipping, running). •

2.2.2.MSC.2: Differentiate non-locomotor and locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).