Unit 3b-Dance

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

Essential Question

- How can one show their creativity through dance?
- What are three types of dance?

Big Ideas

- Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities.
- Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.

Diversity Integration

Objective: Students will develop an understanding of the relationship and history of Waka Waka song, including its author and why it was written.

Activity: Students will learn the Waka Waka dance choreographed by DJ Raphi

CSDT Technology Integration

8.2.5.ITH.1 Explain how societal needs and wants influence the development and function of a product and a system

Activity:

Warm up Ping Pong. Followed by a discussion about the amount of brain breaks that have been developed on you tube. Why is that?

Enduring Understandings

2.2 Physical Wellness

Movement Skills and Concepts

2.2.5.MSC.2: Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.

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).

Lifelong Fitness

2.2.5.LF.4: Perform and increase the range of motion in dynamic stretching and breathing exercises (e.g., dynamic cardiovascular warm-up exercises, martial arts, aerobics, yoga).