

# Unit 3b-Dance/Yoga

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

## Essential Question

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What are some inexpensive, low equipment ways to stay physically active?

What are healthy eating behaviors that can help us keep a healthy weight?

## Big Ideas

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The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance)

Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

## Diversity Integration

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Objective: Students will develop an understanding of the Wellerman folk song dating back to the 1800's based off two whale fisherman the Wellerman brothers.

Activity: Students will review the history of the song and it's meaning and participate in a Wellerman zumba dance

## CSDT Technology Connection

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- 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**

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8.1.2.IC.1 Compare how individuals live and work before and after the implementation of new technology

Activity:

DJ Raphi Ping Pong instructional video will be shown on a SmartTV or projected on the wall.

Compare and contrast the instruction of dance before you tube

## **Enduring Understandings**

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2.2 Physical Wellness

2.2.5.LF.2: Develop a movement vocabulary that is flexible and adaptable for personal physical activity and wellness.

2.2.8.N.1: Analyze how culture, health status, age and access to healthy foods can influence personal eating habits. •

2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.

2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.