

# PE Unit 01: Social Dance

Content Area: **Health & PE**  
Course(s): **Health 4, PE 4**  
Time Period: **Marking Period 2**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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Students will learn a variety of dances, including but not limited to the Polka, Cha Cha, Jitterbug and Western Two Step. Students will learn the steps, as well as how to communicate with a partner, how dance influences wellness, and how dance can be used to increase one's fitness level.

## Standards

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HPE.2.5.12.A.3	Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.

## Essential Questions

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How does effective and appropriate movement affect wellness?

Why do I have to understand concepts of movement when I can already perform the movement?

How does dance impact my gross and fine motor skills? How does this transfer to other activities?

## Content / Skills

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Music on iTunes/ CDs

Stereo

Speakers

Mic

