

Rhythms & Dance Unit



Standards:

- 1.1 Combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities.
- 1.2 Demonstrate proficient movement skills in aquatic, rhythms/dance, and individual and dual activities.
- 1.7 Analyze and evaluate feedback from proprioception, from others, and from the performance of complex motor (movement) activities to improve performance in aquatic, rhythms/dance, individual activities, and dual activities.
- 1.8 Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities.
- 1.9 Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities.
- 3.1 Accept personal responsibility to create and maintain a physically and emotionally safe and nonthreatening environment for physical activity.
- 3.9 Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity.

Overview:

Our dance unit follows starts with simple line dances and progresses to partner dances. The dance unit is intended to include dances that students could encounter in life at weddings and parties. Students are given 'dance cards' with rubrics printed out for the grading requirements of the dances. Students are taught the dances and then given practice time with their team to rehearse the dance and provide each other with feedback. Student's then perform the dance for their peers and are evaluated. The final for the dance unit is students, in their teams, either pick an existing dance to a song and learn it and perform it for the class or pick and song and choreograph a dance performance. Students are given the rubric for the dance which includes elements of movement and working with their peers.