

# Curriculum Units and Learning Outcomes

<b>Content Area:</b> Health & Wellness	<b>Grade Level:</b> 11-12
<b>Unit Title:</b> Slow Waltz	
<b>Unit Summary:</b> In this unit, students will learn the following social level steps: Balance steps, Balance step with $\frac{1}{4}$ turn, Box, Left turning box, Slow underarm turn, Progressive steps. Students will learn how to create a proper frame for dance position and how to move through the dance steps with a partner while following the line of dance around the floor. Students will learn proper timing rhythm for slow Waltz.	
<b>SHAPE America National Standards</b> Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.  Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.  Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.  Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
<b>Massachusetts Standards:</b> <ul style="list-style-type: none"><li>• Standard 2: Physical Activity and Fitness Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives</li></ul>	
<b>CASEL Core Competencies</b>	

**Self Awareness**

**Self Management**

**Social Awareness**

**Relationship Skills**

**Responsible Decision Making**

**Enduring Understandings: Students will understand that:**

- Performing this dance requires teamwork, partnership, respect, care, verbal and nonverbal communication.

**Essential Questions:**

- What is the proper footwork for the social level steps in this unit?
- What is the timing for slow waltz?
- What is the difference between slow waltz and viennese waltz?
- How do I match my steps to the waltz music?
- What is proper frame for a leader? What is proper frame for a follower?
- What are points of contact?
- What is dance position?
- How do I respectfully “invite” a partner in to dance? How do I respectfully “accept” an invitation to dance?
- How do I nonverbally communicate with my partner in dance position?

**Students will demonstrate KNOWLEDGE of:**

- Proper footwork for 6 core steps.
- Correct musical timing for Waltz.
- Proper frame for the Leader or Follower position.
- How to properly invite/accept and get into frame
- Connection points

**Students will be SKILLED at:**

- Basic footwork
- Maintaining proper frame as the leader or follower
- Partnering
- Communicating through the points of connection

**Estimated Duration: 3 classes with repetition throughout the semester**