

Curriculum Units and Learning Outcomes

Content Area: Physical Education	Grade Level: 7
Unit Title: Dance - Line & Ballroom	
Unit Summary: Students will focus on rhythm (on time) and patterns (steps). Students will work on learning various to get them better accustomed to moving to various tempos as well as learn different step patterns in dances. Line dances and ballroom dance will be used to this end. By the end of the unit students will be able to demonstrate they can follow the rhythm and pattern of at least 2 dance forms (line and merengue).	
SHAPE America National Physical Education Standards	
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
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.	
<ul style="list-style-type: none">● Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least 3 times a week. (S3.M6.7)● Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates. (S4.M1.7)● Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance. (S4.M6.7)● Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. (S5.M3.7)● Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates. (S5.M6.7)	

Massachusetts Curriculum Frameworks

Standard 1: Growth and Development Students will learn the basic characteristics of physical growth and development, including body functions and systems throughout the life cycle, and will acquire skills to promote and maintain positive growth and development.

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

CASEL Core Competencies:

Self Awareness

Self Management

Social Awareness

Relationship Skills

Enduring Understandings:

- Dance is a good way to get some exercise and stay fit.
- Dance can be fun and provide an opportunity to socialize while being active.
- At some point in your life, you will be in a situation where the expectation is that you will dance.
- Counts of 8 are a big part of many dances.
- If you miss a step, just watch someone else and jump back into the dance.

Essential Questions:

- Why does it matter if I can dance?
- What are the differences between a line dance and the merengue? What are the similarities?

Students will demonstrate KNOWLEDGE of:

- Students will demonstrate knowledge of: Proper footwork, frame, timing and dance positions while dancing in a line and with a partner.

Students will be SKILLED at:

- Rhythm and timing associated with at least one line dance (i.e. Chainsaw)
- Various steps associated with the Merengue (i.e. basic, side step, arch turn, hands over head slide)
- Leading in the Merengue,

- Following in the Merengue

Estimated Duration: 5-10 classes