

AREA Rhythms / Dance

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> <li>• Locomotor movement</li> <li>• Creative movement to music</li> <li>• Stop / start</li> <li>• Marching</li> <li>• Rhythmic running</li> </ul>	<ul style="list-style-type: none"> <li>• Describe stopping techniques</li> <li>• Responding to rhythm</li> <li>• Directional pathways</li> <li>• Interprets music with creative movement</li> </ul>	<ul style="list-style-type: none"> <li>• Develop smooth rhythm pattern</li> <li>• Move with proper posture</li> </ul>	<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Moving safely through space</li> <li>• Aware of personal space</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>
1	<ul style="list-style-type: none"> <li>• Locomotor movement</li> <li>• Creative movement to music</li> <li>• Stop / start</li> <li>• Marching</li> <li>• Rhythmic running</li> <li>• Basic Folk Dance steps</li> <li>• Creative movement with ribbons</li> <li>• 4 and 8 counts</li> </ul>	<ul style="list-style-type: none"> <li>• Describe stopping techniques</li> <li>• Performs locomotor movement as directed</li> </ul>	<ul style="list-style-type: none"> <li>• Develop smooth rhythm pattern</li> <li>• Move with proper posture</li> </ul>	<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Moving safely through space</li> <li>• Aware of personal space</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>
2	<ul style="list-style-type: none"> <li>• Basic dance</li> <li>• Partner movements</li> <li>• Cultural dances</li> <li>• Rhythmic running</li> </ul>	<ul style="list-style-type: none"> <li>• Describe stopping techniques</li> <li>• Keep specific tempo while performing simple dance steps</li> </ul>	<ul style="list-style-type: none"> <li>• Develop smooth rhythm pattern</li> <li>• Move with proper posture</li> </ul>	<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Moving safely through space</li> <li>• Aware of personal space</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>
3	<ul style="list-style-type: none"> <li>• Review previous dances</li> <li>• Introduce Tinikling</li> <li>• Haushau</li> </ul>	<ul style="list-style-type: none"> <li>• Student will identify what country the dance is from</li> </ul>	<ul style="list-style-type: none"> <li>• Student will maintain steady rhythm at both slow and fast speeds</li> </ul>	<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Socially acceptable behavior with a partner</li> <li>• Respond appropriately to partner / classmates</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>

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4	<ul style="list-style-type: none"> <li>Review previous dances</li> <li>Refine and perfect tinikling</li> <li>Introduce simple line dances</li> <li>Introduce circle dances</li> </ul>	<ul style="list-style-type: none"> <li>Student will identify what country the dance is from</li> <li>Create 4-8 count repeating dance</li> </ul>	<ul style="list-style-type: none"> <li>Student will maintain steady rhythm at both slow and fast speeds</li> </ul>	<ul style="list-style-type: none"> <li>Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>Socially acceptable behavior with a partner</li> <li>Respond appropriately to partner / classmates</li> </ul>	<ul style="list-style-type: none"> <li>Builds confidence</li> <li>Cultural awareness</li> <li>Diversity</li> <li>Life-long fitness</li> <li>Social skills</li> </ul>
5	<ul style="list-style-type: none"> <li>Simple line dance</li> <li>Folk dance/square dance</li> </ul>	<ul style="list-style-type: none"> <li>Student will identify what country the dance is from</li> <li>Create 4-8 count repeating dance</li> </ul>	<ul style="list-style-type: none"> <li>Student will maintain steady rhythm at both slow and fast speeds</li> </ul>	<ul style="list-style-type: none"> <li>Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>Socially acceptable behavior with a partner</li> <li>Respond appropriately to partner / classmates</li> <li>Appropriate dance etiquette</li> </ul>	<ul style="list-style-type: none"> <li>Builds confidence</li> <li>Cultural awareness</li> <li>Diversity</li> <li>Life-long fitness</li> <li>Social skills</li> </ul>
6	<ul style="list-style-type: none"> <li>Line Dance (different eras)</li> </ul>	<ul style="list-style-type: none"> <li>Student will identify what country the dance is from</li> </ul>	<ul style="list-style-type: none"> <li>Student will maintain steady rhythm at both slow and fast speeds</li> </ul>	<ul style="list-style-type: none"> <li>Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>Age appropriate behavior within a group</li> </ul>	<ul style="list-style-type: none"> <li>Builds confidence</li> <li>Cultural awareness</li> <li>Diversity</li> <li>Life-long fitness</li> <li>Social skills</li> </ul>
7	<ul style="list-style-type: none"> <li>Rhythmic running</li> <li>Jump rope</li> <li>Aerobics</li> <li>Pilates</li> <li>Cardio workouts</li> <li>Circle dances</li> <li>Line dances</li> <li>Partner dances: Foxtrot, Lindy, Waltz, Polka</li> </ul>	<ul style="list-style-type: none"> <li>Able to understand different types of rhythmic running</li> <li>Able to do different types of rope jumping (i.e. Double Dutch)</li> </ul>	<ul style="list-style-type: none"> <li>Student will maintain steady rhythm at both slow and fast speeds</li> </ul>	<ul style="list-style-type: none"> <li>Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>Age appropriate behavior</li> <li>Personal hygiene</li> <li>Appropriate dance etiquette</li> </ul>	<ul style="list-style-type: none"> <li>Builds confidence</li> <li>Cultural awareness</li> <li>Diversity</li> <li>Life-long fitness</li> <li>Social skills</li> </ul>
8	<ul style="list-style-type: none"> <li>Rhythmic running</li> <li>Jump rope</li> <li>Tae Bo</li> <li>Pilates</li> </ul>	<ul style="list-style-type: none"> <li>Understands how rhythm transfers into cardio</li> </ul>	<ul style="list-style-type: none"> <li>Able to participate in different types of rhythmic activity</li> </ul>	<ul style="list-style-type: none"> <li>Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>Age appropriate behavior</li> <li>Personal hygiene</li> <li>Appropriate dance etiquette</li> </ul>	<ul style="list-style-type: none"> <li>Builds confidence</li> <li>Cultural awareness</li> <li>Diversity</li> <li>Life-long fitness</li> <li>Social skills</li> </ul>

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9	<ul style="list-style-type: none"> <li>• Basic Line Dance</li> <li>• Swing Dance</li> <li>• Social Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Understands advanced forms of dance</li> <li>• Able to adlib</li> <li>• Lead and follow</li> </ul>	<ul style="list-style-type: none"> <li>• Develop own original dance</li> <li>• Transfer into a life-long leisure activity</li> </ul>	<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate dance etiquette</li> <li>• Personal hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>
10	<ul style="list-style-type: none"> <li>• Personal fitness class</li> <li>• Aerobics</li> <li>• Pilates</li> <li>• Cardio</li> </ul>			<ul style="list-style-type: none"> <li>• Movement based i.e. cardiovascular, coordination, muscle fitness, large motor</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate dance etiquette</li> <li>• Personal hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Cultural awareness</li> <li>• Diversity</li> <li>• Life-long fitness</li> <li>• Social skills</li> </ul>