

Course 3F Dance Content Standards

STANDARD 1 Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.	Std X <input type="checkbox"/>	STANDARD 2 Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.	Std X <input type="checkbox"/>	STANDARD 3 Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.	Std X <input type="checkbox"/>
<p>1.1 Demonstrate advanced knowledge and skills in two or more dance activities from each of the following categories: Category 1 Ballet, Jazz, Folk Category 2 Modern, Social, Square</p> <p>1.2 Identify and apply characteristics and critical elements of a highly skills performance in dance activities.</p> <p>1.3 Apply previously learned movement concepts to the learning and development of motor skills required for successful participation in dance activities.</p> <p>1.4 Identify and apply biomechanical principles necessary for the safe and successful performance of dance activities.</p> <p>1.5 List, describe, and demonstrate use of safe equipment and facilities required for participation in dance activities.</p> <p>1.6 Demonstrate independent learning of movement skills in dance activities.</p>	<p>1.1</p> <p>1.2</p> <p>1.3</p> <p>1.4</p> <p>1.5</p> <p>1.6</p>	<p>2.1 Meet physical fitness standards that exceed those of the State-mandated fitness test.</p> <p>2.2 Participate in dance activities that improve or maintain health related fitness.</p> <p>2.3 Analyze the effects of dance activities on a personal physical fitness program and personal levels of health related fitness.</p> <p>2.4 Improve or maintain physical fitness by adjusting physical activity levels to meet the principles of exercise.</p> <p>2.5 Explain the relationship between participation in dance activities and healthy.</p> <p>2.6 Demonstrate the ability to effectively analyze and economically purchase products and programs for dance activities.</p> <p>2.7 Develop and implement a month long personal fitness plan that includes dance activities.</p>	<p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>2.5</p> <p>2.6</p> <p>2.7</p>	<p>Self Responsibility</p> <p>3.1 Compare and contract effective leadership skills used with dance activities.</p> <p>3.2 Develop personal goals to improve performance in dance activities.</p> <p>3.3 Identify and analyze dance physical activities that enhance personal enjoyment.</p> <p>3.4 Evaluate risks and safety factors that may affect participation in dance activities throughout a lifetime.</p> <p>Social Interaction</p> <p>3.5 Explain how to select and modify weight training and fitness activities to allow for participation by children, the elderly, and those with special needs.</p> <p>3.6 Analyze the role of social interaction in the successful participation and enjoyment of dance activities.</p> <p>Group Dynamics</p> <p>3.7 Accept and perform planned and spontaneous leadership assignments and roles in dance activities.</p> <p>3.8 Analyze the role cooperation and leadership play in dance activities.</p> <p>3.9 Engage in opportunities to be a member of a dance activity both in and outside of school.</p>	<p>3.1</p> <p>3.2</p> <p>3.3</p> <p>3.4</p> <p>3.5</p> <p>3.6</p> <p>3.7</p> <p>3.8</p> <p>3.9</p>

Student:	Teacher:	Semester
Grades 1 st (Standards taught X)	Grade 2 nd (New Standards taught #)	Grade 3 rd (New Standards taught +)
Assessment methods used by teacher	Attach assessment pieces for document	