

Planned Course: Physical Education	Course Number: N/A	Department: Physical Education	
Unit: Movement and Rhythm	Grade Level: 4-5		
Estimated Time: 3 classes	Level/Track: All	Date Approved: 08/22/2016	
PA Academic Standards	<ul style="list-style-type: none"> ▶ Core Concepts (in question format) <ul style="list-style-type: none"> • Skills/Knowledge 	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

<p>10 4. 6 Physical Activity</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>D. Describe factors that affect childhood physical activity preferences.</p> <p>F. Identify and describe positive and negative interactions of group members in physical activities</p> <p>10.5.6 Concepts, Principles and Strategies of Movement</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills</p>	<ul style="list-style-type: none"> • How can dance be explored through movement and rhythm? • Can you demonstrate slow & fast movements keeping rhythm to the beat at various tempos? • What is tempo? Beat? Rhythm? • Can you demonstrate movements through space with other people or alone? • Can you demonstrate the proper force in relation to the beat? • Can you describe the different types of force used in dance? 	<ul style="list-style-type: none"> • Hand clapping to music tempo • Square Dance • Social Dances <ul style="list-style-type: none"> ○ Hokey Pokey ○ Chicken Dance ○ Bunny Hop ○ Electric Slide ○ Cha Cha Slide ○ Cupid Shuffle ○ Cotton-Eye-Joe ○ Hampster Dance ○ Limbo ○ YMCA • Various dance/rhythmic activities 	<ul style="list-style-type: none"> • Teacher observation of safety, student movements, and dancing techniques • Peer evaluation • Student performances of social forms of dance.
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