

Planned Course: Physical Education	Course Number: N/A	Department: Physical Education	
Unit: Movement and Rhythm	Grade Level: K-2		
Estimated Time: 4 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. 3 Physical Activity</p> <p>A Identify and engage in physical activities that promote physical fitness and health.</p> <p>B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> ○ heart rate ○ breathing rate <p>D Recognize positive and negative interactions of small group activities.</p> <p>10.5.3</p> <p>A. Recognize and use basic movement skills and concepts.</p>	<ul style="list-style-type: none"> • 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 temp • Movement activities to music <ul style="list-style-type: none"> ○ Square Dance ○ Social Dance ○ Hokey Pokey ○ Chicken Dance ○ Bunny Hop ○ Electric Slide ○ Cha Cha Slide ○ Cupid Shuffle ○ Cotton-Eye-Joe ○ Hampter Dance ○ Limbo ○ YMCA 	<ul style="list-style-type: none"> • Teacher observation • Peer evaluation
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