**Curriculum**

**5th Grade Physical Education - Dance**

**Course Overview**

SPORT TYPE: Individual/group, body management, creative

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop skills to compose movement patterns with varying shape, size, direction, level, speed, tension and continuity.

Develop methods to express feelings, moods and ideas, to respond to music and create single characters and stories through dance.

Develop creative ideas within partner and group situations.

Develop various step patterns for set country dances.

Develop ability to perform set dances within a group.

Develop the ability to analyse performances of others and offer and receive constructive criticism.

**Performance Indicators**

Display ability to respond to and keep the beat of different music, rhythms, moods, words and sounds.

Display ability express feelings and ideas in creative dance.

Display ability to combine steps and dance patterns and reproduce them to perform set country dances.

Display the ability to combine steps and dance patterns and reproduce them to compose and perform a country-dance style dance.

Display the ability to work individually, with a partner and in a group.

Display ability to appreciate the performance of others.

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up and cool down related to activity

Quick responses to instruction

Learn the dance steps and dance patterns of various country dances e.g. Scottish Country Dance, Barn Dances, Israeli dances

Develop movement and responses to music using the themes of e.g. “Bicycles”, “Silent Movies” “Soccer match”

Create individual and pairs routines using ribbons

**Resources**

Cassette/CD player

Country Dance music

Creative dance music

Scarves and ribbons