**Curriculum**

**8th 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**:

To develop and display an understanding of warm up, flexibility and mobility exercises as appropriate to dance and movement.

To work cooperatively with a variety of partners and groups on both teacher-led and creative forms of dance.

To observe ones own performance and identify strengths and weaknesses

To observe others performances and offer positive feedback

To develop creative thinking, linking a series of dance movements to music

**Performance Indicators**

1) Active participation in warm up and flexibility routines

2) Demonstrate a variety of steps from different dance genres

3) Ability to work in a cooperative and productive manner on own, as well as in mixed and single-sex pairs

4) Use of appropriate dance equipment to observe and critique ones own performance

5) Demonstrate ability to observe others performance and identify strengths

6) Attempts to comment positively and constructively on others performances

7) Active participation in final creative dance performance

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Teacher-led warm up, flexibility and core strength routines (PI 1)

Discussion about posture and other related components of dance (shapes, levels, canon, unison, mirror, jumps/lifts) (PI 1, 2)

Combinations of steps from a variety of dance genre, including: Cha Cha, Waltz, Salsa, Street/hip hop, Jive (PI 2, 3, 4, 5)

Creative dance choreographing pair performance (PI 2, 3, 4, 5, 6, 7)

Practice time for creative performance (PI 2, 3, 4, 5, 6, 7)

**Resources**

Variety of music CD’s from different eras

Music system

Suitable dance space – studio is best due to access to mirrors for observation

Whiteboard for discussion/performance expectations