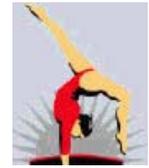




PHYSICAL EDUCATION STANDARDS

FINAL 10/06

HIGH SCHOOL COURSE 3D *Dance*



High School Courses 1 and 2 are designed to be completed before a student enrolls in High School Course 3D.

STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS, AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

- 1.1 Demonstrate advanced knowledge and skills in two or more dance activities, selecting one or more from each of the following categories:
- | | |
|-------------------|-------------------|
| <i>Category 1</i> | <i>Category 2</i> |
| Ballet | Modern |
| Folk | Social |
| Jazz | Square |
- 1.2 Identify the characteristics and critical elements of a highly skilled performance in dance activities and demonstrate them.
- 1.3 Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in dance activities.
- 1.4 Identify and apply the principles of biomechanics necessary for the safe and successful performance of dance activities.
- 1.5 List the safety equipment required for participation in dance activities; describe and demonstrate the use of such equipment and facilities.
- 1.6 Demonstrate independent learning of movement skills in dance activities.

STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

- 2.1 Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.
- 2.2 Participate in dance activities that improve or maintain personal levels of health-related physical fitness.
- 2.3 Analyze the effects of dance activities on a personal physical fitness program and personal levels of health-related physical fitness.

- 2.4 Improve or maintain one's physical fitness by adjusting physical activity levels according to the principles of exercise.
- 2.5 Explain the relationship between participation in dance and health.
- 2.6 Demonstrate the ability to develop criteria and analyze factors to consider in the purchase of products and programs related to dance activities.
- 2.7 Develop and implement a month-long personal physical fitness plan that includes dance activities.

STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

Self Responsibility

- 3.1 Compare and contrast the effective leadership skills used in dance activities and those used in other physical activities.
- 3.2 Develop personal goals to improve performance in dance activities.
- 3.3 Identify and analyze dance activities that enhance personal enjoyment.
- 3.4 Evaluate the risks and safety factors that may affect participation in dance activities throughout a lifetime.

Social Interaction

- 3.5 Explain how to select and modify dance activities to allow for participation by younger children, the elderly, and individuals with special needs.
- 3.6 Analyze the role of social interaction in the successful participation in and enjoyment of dance activities.

Group Dynamics

- 3.7 Accept and perform planned and spontaneous leadership assignments and roles in dance activities.
- 3.8 Analyze the role that cooperation and leadership play in dance activities.
- 3.9 Engage in dance activities both in school and outside school.