

## MSAD #54 Curriculum

Content Area: Physical Education  
Unit: Aerobic Dance

Grade: 9-Diploma  
MLR Span: 9-Diploma

**G. Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

**I. Personal and Social Skills and Knowledge:** Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

**G2. Movement Skills**

**G4. Skill Improvement**

**I1. Cooperative Skills**

**I2. Responsible Behavior**

**I3. Safety Rules and Rules of Play**

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p><b>G2. Movement Skills.</b> Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.</p> <p><b>G4. Skill Improvement.</b> Students design appropriate practice sessions, utilizing fundamental movement skills to improve performance.</p> <p><b>I1. Cooperative Skills</b> Students demonstrate collaborative skills while participating in physical activities.</p> <p>a. Accept constructive feedback.</p> <p>c. Include peers respectfully in activities.</p> <p><b>I2. Responsible Behavior</b> Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p> <p><b>I3. Safety Rules and Rules of Play.</b> Students predict how etiquette/rules improve games/activities.</p> <p>b. Predict how modifications to the environment can impact safety during games/physical activities.</p>	<p>Students will:</p> <p>Demonstrate a variety of dance steps.</p> <p>Understand dance terms.</p> <p>Demonstrate transition between dance movements.</p> <p>Understand how to follow the rhythm of the music.</p> <p>Understand principles of a warm-up, stretching, and cool down.</p> <p>Understand importance of aerobic activity.</p> <p>Understand the concept of flexibility.</p> <p>Be able to create dance movements to music.</p>	<p>Lesson 1.</p> <p>Students will learn a variety of dance moves used to create a dance.</p> <p>Activity: Participate in various dance moves.</p> <p>Assessment</p> <p>Informal observation.</p> <p>Lesson 2.</p> <p>Review dance steps and learn a warm-up and stretching routine and understand why warm-up and stretching is important.</p> <p>Activity: Participate in a warm-up and stretching routine.</p> <p>Assessment</p> <p>Informal observation.</p> <p>Lesson 3.</p> <p>Introduction to an aerobic, cardio, dance routine.</p> <p>Activity: Participation in a warm-up, stretching, and aerobic dance routine.</p> <p>Assessment</p> <p>Informal Observation.</p> <p>Lesson 4.</p> <p>Aerobic dance and weight training concepts used in dance.</p> <p>Activity: Participate in dance and weight training to music.</p>

Assessment: Informal assessment

Lesson 5.

Review of dances learned and the creation of a dance.

Activity: Participation in a group activity creating a dance to share with the class.

Assessment: Formal assessment on creation of dance.