

Course #:	PE 74	Grade Level:	9
Course Name:	Hip Hop Dance	Level of Difficulty:	Average
Prerequisites:	None	# of Credits:	1 Sem. - 1/2-1 Cr.

Strand (Standard):

Comprehensive Health Education Standards:

Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
Standard 5: Students demonstrate the ability to use interpersonal skills to enhance health.
Standard 6: Students demonstrate the ability to use goal setting and decision-making skills to enhance health.
Standard 7: Students demonstrate the ability to advocate for personal, family, and community health.

Physical Activity Standards:

Standard 1: Students demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.
Standard 2: Students comprehend basic physical activity principles and concepts that enable them to make decisions, solves problems, and to become self directed lifelong learners who are informed physical activity consumers.
Standard 3: Students exhibit a physically active lifestyle.
Standard 4: Students achieve and maintain a health-enhancing level of physical fitness.
Standard 5: Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.
Standard 6: Students demonstrate understanding and respect for difference among people in physical activity settings.
Standard 7: Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.

Concepts (Proficiency):

Comprehensive Health Proficiencies:

3CH-P2 Conduct a personal health assessment to determine strategies for health enhancement, risk reduction and stress management
3CH-P3 Explain the short-term and long-term consequences of responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)
5CH-P1 Select ways to communicate care, consideration and respect of self and others to enhance health
5CH-P2 Identify the causes of conflict among youth and adults in school and community, and demonstrate refusal, negotiation and collaboration skills to manage the conflict
6CH-P3 Explain immediate and long-term impact of health decisions on the individual
6CH-P4 Develop an effective plan for achieving and maintaining personal health goals for lifelong health-enhancement and wellness which recognizes the importance of goal setting and time management skills
7CH-P4 Demonstrate the ability to influence and support others in making positive health choices

Physical Activity Proficiencies:

1PA-P1: Demonstrate competency in at least three different types of movement forms (e.g., aquatics, team sports, individual and dual sports, outdoor pursuits, self-defense, gymnastics, dance)
1PA-P2: Use specialized knowledge to develop movement competence/proficiency
1PA-P3: Identify and apply critical elements to enable the development of movement competence/proficiency
1PA-P4: Identify and apply characteristics of highly skilled performance to enable the development of movement competence/proficiency
1PA-P5: Apply discipline-specific information to individual performance
2PA-P3: Identify appropriate individual requirements for physical activity prescription concerning the mode, intensity, duration, frequency and progression
2PA-P6: Demonstrate a knowledge of physiological changes that result from physical activity participation
2PA-P7: Identify safety principles associated with physical fitness development

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<i>Physical Activity Proficiencies:</i>			
3PA-P1:	Participate regularly in health-enhancing and personally rewarding physical activity		
4PA-P3:	Design a personal health-related fitness program based on an accurately assessed fitness profile		
4PA-P4:	Identify safe and risky exercises and demonstrate safe exercise alternatives		
5PA-P1:	Apply safe practices, rules, procedures and etiquette in all physical activity settings		
5PA-P2:	Act independently of peer pressure		
5PA-P3:	Resolve conflict in appropriate ways		
6PA-P2:	Invite others with differences to join in personally enjoyable physical activity		
7PA-P1:	Demonstrate knowledge of goal setting and the ability to apply this knowledge to personal physical fitness and activity goals		
7PA-P2:	Identify attitudes associated with regular participation in physical activity and/or fitness development activities		