

Course #:	PE 22	Grade Level:	7-8
Course Name:	Beginning Dance	Level of Difficulty:	Beginning
Prerequisites:	None	# of Credits:	1 Sem. 1/2 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 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, solve 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 (Essentials):

Comprehensive Health Essentials:

3CH-E1: Explain the importance of assuming responsibility for personal health behaviors

3CH-E3: Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)

5CH-E1: Demonstrate ways to communicate care, consideration and respect of self and others

5CH-E3: Demonstrate strategies to manage conflict in healthy ways

7CH-E4: Demonstrate the ability to support others in making positive health choices

7CH-E5: Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools

Physical Activity Essentials:

1PA-E1: Demonstrate competence in a variety of movement forms

1PA-E2: Apply more advanced movement and game strategies

1PA-E3: Identify the critical elements of more advanced movement skills

2PA-E2: Apply basic principles of training to improve physical fitness

2PA-E3: Describe physiological indicators of exercise during and after physical activity

3PA-E1: Participate regularly in health-enhancing physical activities to accomplish personal health goals

3PA-E2: Participate in a variety of physical activities of personal interest

4PA-E2: Apply basic principles of training to improve or maintain health-related physical fitness

5PA-E2: Identify potential consequences when confronted with a behavior choice

5PA-E3: Cooperate with a group to achieve group goals in competitive as well as cooperative settings

5PA-E4: Identify the social benefits of participation in physical activity

6PA-E1: Explain the role of sports, games and dance in modern culture

6PA-E2: Identify behaviors that are supportive and inclusive in physical activity settings

6PA-E3: Participate in physical activities with others regardless of diversity and ability

7PA-E1: Establish personal physical activity goals

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<i>Physical Activity Essentials:</i>			
7PA-E2:	Explore a variety of new physical activities for personal interest		
7PA-E3:	Participate in new and challenging activities		