

Course #:	PE 24	Grade Level:	8
Course Name:	Advanced Dance	Level of Difficulty:	Advanced
Prerequisites:	PE 22 (Beg Dance) and Teacher Recommendation/Audition	# 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 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 (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)
- 3CH-E5: Demonstrate strategies to manage stress
- 5CH-E1: Demonstrate ways to communicate care, consideration and respect of self and others
- 5CH-E3: Demonstrate strategies to manage conflict in healthy ways
- 6CH-E3: Describe how personal health goals are influenced by information, abilities, priorities and responsibilities
- 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
- 1PA-E4: Identify the characteristics of highly skilled performance in a few movement forms
- 1PA-E5: Apply more advanced discipline-specific knowledge (e.g., conditioning and fitness in a selected sport)
- 2PA-E1: Describe the relationship between a healthy lifestyle and feeling good
- 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

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