



PHYSICAL EDUCATION STANDARDS

FINAL 10/06

HIGH SCHOOL COURSE 4D *Advanced Dance*



High School Courses 1 and 2, and 3D are designed to be completed before a student enrolls in High School Course 4D.

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 expertise in two or more of the following dance activities, preferably one from each category:

<i>Category 1</i>	<i>Category 2</i>
Ballet	Modern
Folk	social
Jazz	Square

- 1.2 Analyze and evaluate the interrelationship of the principles of biomechanics and the use of strategies in high-level performance in dance activities
- 1.3 Create or modify practice/training plans based on evaluative feedback from skill acquisition and performance.
- 1.4 Practice dance in real-world settings.
- 1.5 Demonstrate skills in choreography.

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 Evaluate changes in self-responsibility as skill levels in dance activities improve.
- 3.2 Set personal goals for improved performance and enjoyment of dance activities.

Group Dynamics

- 3.3 Perform planned and spontaneous leadership assignments and roles in high-level 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 Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in a dance activity.
- 2.2 Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of a dance activity.
- 2.3 Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in dance activities.