Instructional Unit Title: Gymnastics, Rhythm and Dance

The teacher may review examples of locomotor skills (e.g. skip, gallop, slide, leap) so students can begin to connect skillful movements into sequenced patterns (e.g. run to a skip into a hop).



The teacher may provide advanced locomotor and nonlocomotor movements (e.g. airplane, bear walk, crab walk, tree pose) so students can deepen their knowledge of skillful movements for creating a sequence.



The teacher may provide safety instruction (e.g. model spotting, chin tuck, mat safety) so students can understand the relationship between safety and successful dance work.



The teacher may review movements (e.g. dance, gymnastics, locomotors, etc.) so students can recognize ways to synthesize concepts into routines with smooth transitions using flow, speed and sequence (e.g. grapevine into a cartwheel into a front scale).



The teacher may review the components of skill related fitness (e.g. power needed in a tuck jump) so students can connect skills with specific design elements in a movement routine.



The teacher may design dance stations (e.g. videos of The Worm, Cupid Shuffle, hip hop steps) so students can apply flow, sequence, speed, level and direction into a routine (e.g. cha-cha slide dance video).



The teacher may provide a dance specific rubric so students can begin to connect self and peer evaluations with the creative process.



PERFORMANCE ASSESSMENT: You are a team of choreographers/dancers auditioning to perform at halftime of the Super Bowl. Your challenge is to create a movement performance that showcases a combination of skills used in physical education. (e.g. flow, speed, sequence). Your performance should entertain the audience through the use of creativity and expression.

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.