

This is a preview!

DANCE

*6th - 8th Grade
Pe Unit*



**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



What is Included in this Program:

1



Teacher Directions

2



**Skills, drills, instruction
cues, technique, rules**

3



Warm Ups/Stretching



1

Here are Some of the Activities:

10-Step:

L heel out
L stomp heel
R toe behind
R scuff
R heel stomp
R knee up

Electric Slide:

Formation: In lines x x x x x x x x
 x x x x x x x x
 x x x x x x x x

- 1) To the right side step: R, L, R, clap
- 2) Go back: L, R, L, clap

Slappin' Leather: This is a line dance th

Grapevine to the right R-L-R-Clap
Grapevine back- L-R-L-Clap
Repeat

Pinterest has some great boards with links to videos:

Salsa Beginner

<https://www.pinterest.com/learntodanceonl/salsa-begi>

Salsa Intermediate:

<https://www.pinterest.com/learntodanceonl/salsa-inte>

Salsa Advanced:

<https://www.pinterest.com/learntodanceonl/salsa-adv>

Angus Reel: Fun Circle Dance to any modern upbeat

1 large circle –touch elbow to elbow with a partner all fa
same way.

2. Walk for 8 (touching elbow to elbow)

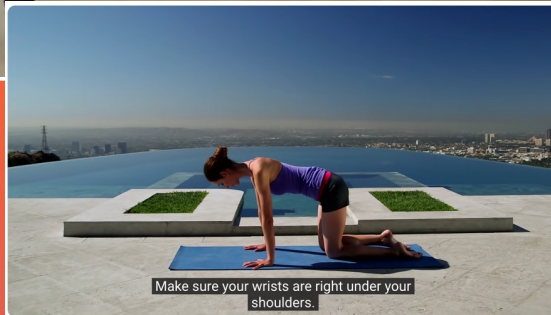
3. Turn and face partner on 1, and walk backwards for 4
stomp/stomp-stomp (clap/clap and stomp/stomp =1 be
beats total-1 and 2, 3 and 4)



Dance Video Links!

[Here is more!...](#)

The Best Free Workout Videos on YouTube



Beyoncé 'Move Your Body' Full Workout Routine

2

Skills, drills, instruction cues, technique, rules

WEEK 5: **Monday Workout**

If the video link is no longer working, please search for the title and you will most likely find it!



Reggae Dancehall workout by Keaira LaShae

7,854,579 views 22 minutes

<https://www.youtube.com/watch?v=udVy1orWkVI&feature=youtu.be>

→ Don't forget to like and subscribe!

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WEEK 5: **Wednesday Workout**

If the video link is no longer working, please search for the title and you will most likely find it!



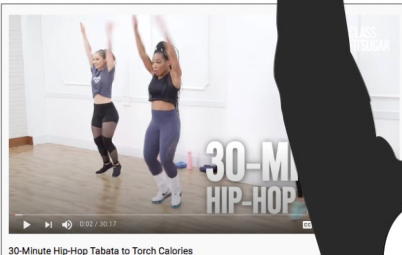
30 Minute All-Levels Cardio Dance Workout

3,307,972 views · Jul 28, 2019

48K DISLIKE SHARE CLIP SAVE ...

WEEK 4: **Monday Workout**

Video Today: If the video link is no longer working, please search for the title and you will most likely find it!



30-Minute Hip-Hop Tabata to Torch Calories

1) Minute Hip-Hop Tabata to Torch Calories

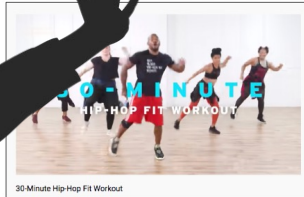
23,122,986 views! 30 minutes

→ Don't forget to like and subscribe!

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WEEK 4: **Wednesday Workout**

Video Today: If the video link is no longer working, please search for the title and you will most likely find it!



30-Minute Hip-Hop Fit Workout

6,527,326 views 31 min.

→ Don't forget to like and subscribe!

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Warm Ups/Stretching

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



The Best Abdominal Exercises:

1. Sit Ups: knees bent, feet flat, arms crossed across chest, come up until elbows touch.
2. Crunchies: these are like 1/2 sit ups, come up until back is off floor, then down.
3. Rowing: start on back with legs straight, arms over your head. Arms come forward, bend, come up until chest is close to legs, then back down.
4. 6 Inch Leg Hold: lay on back or up on bent arms. Hold legs 6 inches above the floor. Increase time held.
5. Leg Lifts: start same as 6 inch leg hold. Bring legs up straight, then lower slowly. Repeat.

*Standing Wall Leg Lifts:

- to the front
- pulse knees
- pulses
- circles
- to the side
- knees bent
- pulses
- up-out-in-down
- to back

6. Stair Climb with Bicep Curl

Turn those stairs into a cardio machine—no magic wand necessary. Grab some dumbbells (or household objects!) and briskly walk up and down the stairway while simultaneously doing bicep curls to work the whole body.



7. Prone Walkout

Beginning on all fours with the core engaged, slowly

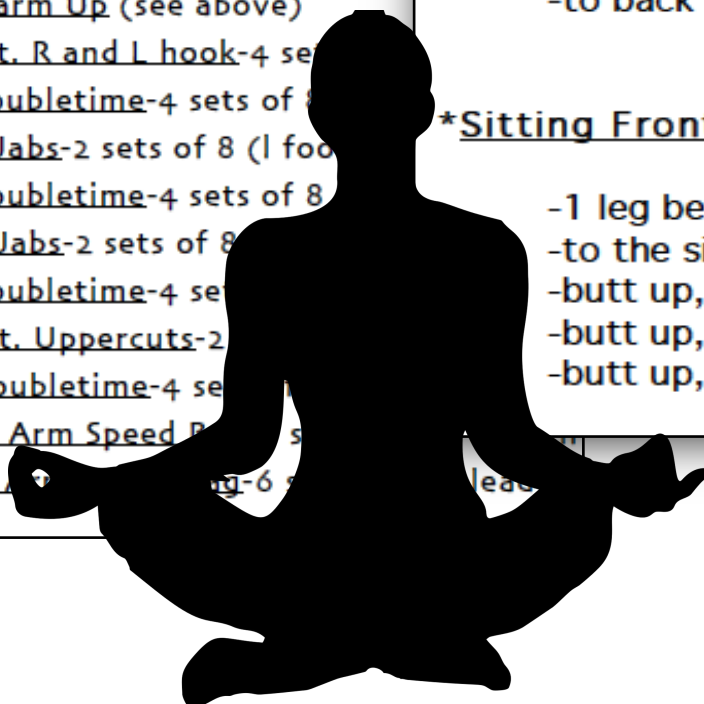
Basic Routine: (20 min)

(Walk it out between each)

1. Warm Up (see above)
2. Alt. R and L hook-4 sets
3. Doubletime-4 sets of 8
4. L Jabs-2 sets of 8 (1 foot)
5. Doubletime-4 sets of 8
6. R Jabs-2 sets of 8
7. Doubletime-4 sets of 8
8. Alt. Uppercuts-2 sets
9. Doubletime-4 sets of 8
10. L Arm Speed Bump-2 sets
11. R Arm Speed Bump-2 sets

*Sitting Front Leg Lifts: (sit on butt)

- 1 leg bent. leg straight
- to the side
- butt up, leg straight
- butt up, leg to side
- butt up, front to side



Program is standards-based:

Aligned to National, and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Physical Literacy Unit Check List

How Did This Unit Do Meeting National P.E. Standards?		
National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.		☐
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.		☐

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

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Topics:	Grade Level and Standards:	Add in Your State Standards Here:	How This Program Meets Standards:
1. Games and Sports	Year 1: Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS1 Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2 Year 2: Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2		-Met in several units; such as: soccer, football, basketball - Met in several units; such as: volleyball and floor hockey -Met in several units; such as: soccer, football, basketball
2. Individual-Performance Activities	Year 1: Demonstrate competency in activity-specific movement skills in two or more individual-performance activities. PE1.2.HS1 Year 2: Refine activity-specific movement skills in two or more PE1.2.HS2		-Met in several units; such as: tennis, badminton, pickleball -Met in several units; such as: tennis, badminton, pickleball

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____

Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement



Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

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Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>

