

BRIDGETON PUBLIC SCHOOL
5th -8th Grade Physical Education
Aerobic and Dance
UNIT/PACING CHART

Unit-I. Aerobic and Dance

Time Line	NJCCCS	SKILLS/CONTENT OBJECTIVES: Students Will Be Able To:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
Number of Days 1	2.5.A.6.1 2.5.A.6.2 2.5.A.6.3 2.5.A.6.4 2.5.B.6.2 2.5.C.6.3 2.5.A.8.1 2.5.A.8.2 2.5.A.8.3 2.5.A.8.4 2.5.B.8.2 2.5.C.8.3	Lesson 1: History of Dance & Movement Objective(s)SWBAT <ul style="list-style-type: none"> • Discuss various origins of dance and movement. • Relate the impact of modern dance and movement on society. • Discuss the impact culture has various dance movements. • Discuss how dances formed from different songs. 	<ul style="list-style-type: none"> • CD player • CDs 	<ul style="list-style-type: none"> • Participation rubric
1	2.5.A.6.1 2.5.A.6.2 2.5.A.6.3 2.5.A.6.4 2.5.B.6.2 2.5.C.6.3 2.5.A.8.1 2.5.A.8.2 2.5.A.8.3 2.5.A.8.4 2.5.B.8.2 2.5.C.8.3	Lesson 2: Dance Objective(s)SWBAT <ul style="list-style-type: none"> • Demonstrate dance steps in proper sequence of various dances. • Enhance cardiovascular fitness by participating in various dances. • Demonstrate basic dance etiquette. 	<ul style="list-style-type: none"> • CD Player • CDs • Dance directions 	<ul style="list-style-type: none"> • Participation rubric • Skill Check

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Number of Days 1	2.5.A.6.1 2.5.A.6.2 2.5.A.6.3 2.5.A.6.4 2.5.B.6.2 2.5.C.6.3 2.5.A.8.1 2.5.A.8.2 2.5.A.8.3 2.5.A.8.4 2.5.B.8.2 2.5.C.8.3	Lesson 3: Dance Development Objective(s)SWBAT <ul style="list-style-type: none"> Utilize steps learned previously to develop a dance to assigned music. Design a dance to be taught to the class. Demonstrate basic dance etiquette. 	<ul style="list-style-type: none"> CDs CD Player Dance instructions Paper 	<ul style="list-style-type: none"> Participation rubric Skill Check
1	2.5.A.6.1 2.5.A.6.2 2.5.A.6.3 2.5.A.6.4 2.5.B.6.2 2.5.C.6.3 2.5.A.8.1 2.5.A.8.2 2.5.A.8.3 2.5.A.8.4 2.5.B.8.2 2.5.C.8.3	Lesson 4: Teaching Dance Objective(s)SWBAT <ul style="list-style-type: none"> Demonstrate and teach movement sequence to their peers. Demonstrate basic dance etiquette. 	<ul style="list-style-type: none"> CDs CD Player 	<ul style="list-style-type: none"> Participation rubric Skill Check