

Kindergarten–Grade 1 Dance

Progress Report Indicators

First Trimester

Second Trimester

Third Trimester

STANDARD 1—Understand and demonstrate dance skills.

Demonstrate dance skills in physical activities.

- Demonstrate locomotor and nonlocomotor movements.
- Demonstrate an awareness of the body as it relates to space.
- Demonstrate creative exploration.

Demonstrate dance skills in physical activities.

- Travel using locomotor movements (walk, run, gallop).
- Demonstrate even rhythmic locomotor movements (e.g., walk, run, leap, hop, jump).
- Manipulate a prop with hands or extensions
- Produce a simple rhythmic sequence using combination of locomotion.

Demonstrate dance skills in physical activities.

- Travel, using basic locomotor movements(walk, run, gallop), in various patterns.
- Demonstrate an awareness of the body as it relates to space by fleeing, chasing , or dodging an individual or object while traveling safely.
- Produce a simple rhythmic sequence using combinations of locomotion and non-locomotion movements.
- Use body control and weight transfer during various movement activities.

STANDARD 2—Understand and apply the principles of choreography.

Demonstrate creative exploration of movement.

- Demonstrate an awareness of the body as it relates to space.
- Demonstrate object manipulation activities.
- Create simple locomotor patterns.

Demonstrate creative exploration of movement.

- Manipulate a prop with hands or extensions.
- Produce a simple rhythmic sequence using combination of locomotion.
- Improvise movement to music.

Demonstrate creative exploration of movement.

- Demonstrate creative exploration of movement and rhythm activities uneven rhythm.
- Develop patterns and combinations of movement into repeatable sequences;
- Produce a simple rhythmic sequence using combinations of locomotion and non-locomotion movements

Kindergarten–Grade 1 Dance		<i>Progress Report Indicators</i>
<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 3—Create, communicate, and problem solve through dance.		
<p><i>Demonstrate ability to work in a group.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Listen when another student is sharing. 	<p><i>Demonstrate ability to work in a group.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Respond to peer sharing. • Work together in small groups. 	<p><i>Demonstrate ability to work in a group.</i></p> <ul style="list-style-type: none"> • Discover solutions to movement problems. • Perform cooperatively with others.
STANDARD 4—Understand and relate the role of dance in culture and history.		
<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Learn words and movements from another culture. • Work as a group. • Learn cultural gestures. 	<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Perform a cultural dance. • Know the cultural reason for the dance. 	<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Notice how dance is different in different cultures. • Perform cultural dances.
STANDARD 5—Understand the benefits of dance for lifelong fitness.		
<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Begin to notice body differences (such as range of motion, size, etc.). • Participate in a warm-up. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Perform exercises that promote strength and flexibility. • Understand importance of stretching. • Respond to anatomical terms. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Connect anatomical terms with body parts. • Demonstrate safe movement techniques, such as bending the knees to prepare and land from a jump. • Be supportive of differences in fitness of others.

Kindergarten–Grade 1 Dance

Progress Report Indicators

First Trimester

Second Trimester

Third Trimester

STANDARD 6—Understand the relationships and connections between dance and other disciplines.

Make connections between dance and other disciplines.

- Combine an idea from another discipline with movements or warm-up (e.g., cycle of a plant.)

Make connections between dance and other disciplines.

- Create a dance that incorporates an idea from another discipline
- Draw a picture of their dance movement

Make connections between dance and other disciplines.

- Understand concepts from another subject through dance (e.g., writing a story and interpreting it.)
- Draw and label a picture of dance movements.

Grade 2 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 1—Understand and demonstrate dance skills		
<p><i>Demonstrate dance skills in physical activities such as step-recognition and creativity.</i></p> <ul style="list-style-type: none"> • Demonstrate locomotor and nonlocomotor movements. • Recognize basic dance steps or movements • Demonstrate creative exploration. 	<p><i>Demonstrate dance skills in physical activities such as step-recognition and creativity.</i></p> <ul style="list-style-type: none"> • Demonstrate even rhythmic locomotor movements (e.g., walk, run, leap, hop, jump) and recognize basic steps. • Demonstrate an awareness of the body as it relates to space by fleeing, chasing, or dodging an individual or object while traveling safely. • Manipulate a prop with hands or extensions • Produce a simple rhythmic sequence using combination of locomotion. 	<p><i>Demonstrate dance skills in physical activities such as step-recognition and creativity.</i></p> <ul style="list-style-type: none"> • Travel, using basic locomotor movements (e.g., walk, run, gallop), demonstrating proper technique. • Demonstrate a knowledge of body awareness as it relates to space by fleeing, chasing, or dodging an individual or object while traveling safely. • Develop variations of simple rhythmic sequences using dance moves. • Move and react to other dancers in the space.
STANDARD 2—Understand and apply the principles of choreography		
<p><i>Demonstrate creative exploration of movement</i></p> <ul style="list-style-type: none"> • Create variations of movements and shapes. • Demonstrate and create prop manipulation activities. • Create simple locomotor patterns by linking together variations. • Improvise to music. 	<p><i>Demonstrate creative exploration of movement</i></p> <ul style="list-style-type: none"> • Manipulate an object with hands or extensions following a set of directions. • Incorporate free dancing into choreography. • Remember more complex movement sequences. 	<p><i>Demonstrate creative exploration of movement</i></p> <ul style="list-style-type: none"> • Develop patterns and combinations of movement into repeatable sequences. • Develop choreography with a clear beginning, middle and end. • Perform creative work for peers.

Grade 2 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 3—Create, communicate, and problem solve through dance		
<p><i>Demonstrate ability to work in a group</i></p> <ul style="list-style-type: none">• Take direction from peers.• Listen when another student is sharing.• Realize that dance comes from many different sources.	<p><i>Demonstrate ability to work in a group</i></p> <ul style="list-style-type: none">• Take direction from peers.• Respond to peer sharing.• Work together in small groups.• Create movement phrase based on stories, poetry, art, or music.	<p><i>Demonstrate ability to work in a group</i></p> <ul style="list-style-type: none">• Discover various solutions to movement problems.• Perform and discuss dance with peers.
STANDARD 4—Understand and relate the role of dance in culture and history.		
<p><i>Demonstrate dances from different cultures</i></p> <ul style="list-style-type: none">• Learn words and movements from another culture.• Work as a group.• Learn cultural gestures and their meanings.	<p><i>Demonstrate dances from different cultures</i></p> <ul style="list-style-type: none">• Perform a cultural dance.• Know a variety of cultural reasons to dance.	<p><i>Demonstrate dances from different cultures</i></p> <ul style="list-style-type: none">• Notice how dance is different in different cultures and describe why.• Perform cultural dances.

Grade 2 Dance		Progress Report Indicators	
<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>	
STANDARD 5—Understand the benefits of dance for lifelong fitness			
<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Notice body differences (such as range of motion, size, etc.) and be familiar with own range. • Participate in a warm-up and know why it is important. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Perform exercises that promote strength and flexibility. • Understand the importance of stretching. • Respond to anatomical terms and connect to body parts. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Demonstrate safe movement techniques, such as bending the knees to prepare and land from a jump. • Be supportive of differences in bodies of others. • Create warm up movements and stretches and put them into sequences. 	
STANDARD 6—Understand the relationships and connections between dance and other disciplines			
<p><i>Make connections between dance and other disciplines or subjects.</i></p> <ul style="list-style-type: none"> • Combine ideas and concepts from another discipline to movements or warm-up (e.g., interpreting a story). 	<p><i>Make connections between dance and other disciplines or subjects.</i></p> <ul style="list-style-type: none"> • Create a dance that combines an idea from another discipline or subject. • Draw and label picture of dance movements. 	<p><i>Make connections between dance and other disciplines or subjects.</i></p> <ul style="list-style-type: none"> • Understand concepts from another subject through dance (e.g., count by math factors or draw a map of a dance). 	

Grade 3 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 1—Understand and demonstrate dance skills		
<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Follow and demonstrate sequences that involve a greater variety of locomotor and nonlocomotor movements. • Recognize basic dance steps or movements. • Demonstrate creative exploration that follows specific directions. 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Manipulate sequences of locomotor and non locomotor movements. • Manipulate and work creatively with a prop. • Create simple rhythmic sequences using combination of locomotion with others. 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Demonstrate proper technique in a greater variety of locomotor and nonlocomotor movements in longer sequences. • Demonstrate an awareness of the body as it relates to space by fleeing, chasing, or dodging an individual or object while traveling safely. • Perform and discuss variations of simple rhythmic sequences using dance moves.
STANDARD 2—Understand and apply the principles of choreography		
<p><i>Demonstrate creative exploration of movement with and without others.</i></p> <ul style="list-style-type: none"> • Create variations of movements and shapes, with and without partners. • Demonstrate prop activities. • Create simple locomotor patterns by linking together variations. • Improvise to music in response to a set of directions. • Be introduced to elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement with and without others.</i></p> <ul style="list-style-type: none"> • Manipulate props to a set of directions and create own movements with props. • Revise movement variations created. • Remember complex movement sequences. • Respond to elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement with and without others.</i></p> <ul style="list-style-type: none"> • Develop complex patterns and combinations of movement into repeatable sequences, with and without partners. • Develop choreography with a clear beginning, middle and end, as well as some awareness of elements of time, space, energy. • Perform creative work for peers.

Grade 3 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 3—Create, communicate, and problem solve through dance		
<p><i>Demonstrate ability to work in a group with longer series of directions.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Listen when another student is sharing. • Realize that dance comes from many different sources. • Begin to understand mood, feelings and/or other subjective responses. 	<p><i>Demonstrate ability to work in a group with longer series of directions.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Respond to peer sharing, respectfully and/or creatively. • Work together in and out of small group structures. • Create a longer movement study based on stories, poetry, art, music, the elements, or subjective responses. 	<p><i>Demonstrate ability to work in a group with longer series of directions.</i></p> <ul style="list-style-type: none"> • Discover various solutions to movement problems, with and without partners. • Have an awareness of a variety of problem-solving strategies. • Present and discuss dance with peers. • Use a prop and elements such as time, space, and energy to problem-solve.
STANDARD 4—Understand and relate the role of dance in culture and history.		
<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Learn words and movements from another culture. • Work as a group. • Learn cultural gestures and their meanings. • Begin to understand the concept of dance in history. 	<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Perform two or more cultural dances. • Know a variety of cultural reasons to dance. • Be introduced to the idea of cultural lineage and the era of their origins. 	<p><i>Demonstrate dances from different cultures.</i></p> <ul style="list-style-type: none"> • Notice how dance is different in different cultures and describe why. • Perform cultural dances and know their meanings. • Know the historical eras of a variety of cultures.
STANDARD 5—Understand the benefits of dance for lifelong fitness		
<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Be familiar with own range of movement and learn safe movement techniques. • Participate in a warm-up and understand the components of the warm-up. • Identify components of dance fitness to create own fitness goals. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Perform exercises that promote strength and flexibility. • Understand the importance of stretching. • Identify functions and parts of the skeleton. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Demonstrate safe movement techniques. • Demonstrate exercises that promote strength and flexibility. • Create warm up movements and stretches and put them into sequences based on their fitness needs. • Begin to understand major muscle groups.

Grade 3 Dance

Progress Report Indicators

First Trimester

Second Trimester

Third Trimester

STANDARD 6—Understand the relationships and connections between dance and other disciplines

Make connections between dance and other disciplines and subjects.

- Combine a variety of ideas and concepts from another discipline to movements or warm-up (e.g., interpreting a piece of music or a painting).
- Identify components of both dance and another subject.

Make connections between dance and other disciplines and subjects.

- Create a dance that combines a number of ideas/concepts from other disciplines.
- Create “dance maps” using vocabulary to describe movements and sequencing.
- Understand similarities and differences among dance and other subjects.

Make connections between dance and other disciplines and subjects.

- Understand concepts from another subject through dance (e.g., apply science concepts such as energy and body systems through movement).
- Be familiar with a variety of parallel concepts of dance and other subjects.

Grade 4 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 1—Understand and demonstrate dance skills.		
<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Follow and demonstrate longer sequences that involve a greater variety of locomotor and nonlocomotor movements, complex rhythms, balances, and a variety of directions. • Follow a more complex warm-up. • Follow more details found in steps or movements. • Demonstrate creative exploration that follows specific directions. 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Manipulate sequences of locomotor and nonlocomotor movements and rhythms. • Move and coordinate simple actions of different body parts at the same time. • Produce movement sequences that include contrasting use of the elements. • Respond to others to make decisions about movement 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> • Demonstrate proper technique in a greater variety of locomotor and nonlocomotor movements, transitions, rhythms, balances and directions • Demonstrate an awareness of the body as it relates to space by fleeing, chasing, or dodging an individual or object while traveling safely. • Develop and perform more complex rhythms and recognize rhythmic patterns. • Demonstrate improvisational skills in groups.
STANDARD 2—Understand and apply the principles of choreography.		
<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> • Create longer variations of movements and shapes, with and without partners. • Demonstrate object manipulation activities. • Create simple locomotor patterns by linking together variations. • Improvise freely in response to a set of directions. • Begin to understand elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> • Complete movements and make adequate transitions. • Revise movement variations created. • Remember more complex movement sequences. • Respond to elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> • Develop more complex patterns and combinations of movement into repeatable sequences, with and without partners; revise and reorder movements. • Develop choreography that varies movements using at least two to three elements; compare differences. • Perform creative work for peers and begin to discuss it. • Begin to understand ABA and other choreographic forms.

Grade 4 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 3—Create, communicate, and problem solve through dance.		
<p><i>Demonstrate ability to create dance.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Listen when another student is sharing. • Realize that dance comes from many different sources. • Understand mood, feelings and/or other subjective responses. • Recognize components of time, space, and energy. 	<p><i>Demonstrate ability to create dance.</i></p> <ul style="list-style-type: none"> • Take direction from peers. • Respond to peer sharing. • Work together in and out of small group structures. • Create dance, cooperatively with others, with musical directions such as 32-count phrasing, ABA form. 	<p><i>Demonstrate ability to create dance.</i></p> <ul style="list-style-type: none"> • Discover various solutions to movement problems, with and without partners. • Have an awareness of a variety of problem-solving strategies • Present and discuss dance with peers. • Use a prop and elements such as time, space, and energy to problem-solve in cooperation with others.
STANDARD 4—Understand and relate the role of dance in culture and history.		
<p><i>Demonstrate cultural proficiency by learning cultural rituals.</i></p> <ul style="list-style-type: none"> • Work as a group. • Learn words, movements and cultural gestures and know their meanings. • Understand that dance is historical and meaningful. 	<p><i>Demonstrate cultural proficiency by learning cultural rituals.</i></p> <ul style="list-style-type: none"> • Perform two or more cultural dances and create their movements. • Know a variety of cultural reasons to dance. • Be aware of cultural lineages and the eras of their origins. 	<p><i>Demonstrate cultural proficiency by learning cultural rituals.</i></p> <ul style="list-style-type: none"> • Notice how dance is different in different cultures and describe why. • Perform dances from several cultures and know their meanings and occasions. • Identify dances from different cultures and different historical periods.
STANDARD 5—Understand the benefits of dance for lifelong fitness.		
<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Be familiar with own range of motion and practice safe movement techniques. • Participate in a more complex warm-up and understand the components. • Be aware of several components of dance fitness. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Perform exercises that promote strength and flexibility with increasing proficiency. • Understand the importance of stretching. • Identify functions and parts of the skeleton and large muscle groups. 	<p><i>Demonstrate fitness skills in dance activities.</i></p> <ul style="list-style-type: none"> • Demonstrate a series of exercises that promotes strength and flexibility. • Create warm up movements and stretches and put them into sequences based on personal fitness goals. • Identify large muscle groups.

Grade 4 Dance

Progress Report Indicators

First Trimester

Second Trimester

Third Trimester

STANDARD 6—Understand the relationships and connections between dance and other disciplines.

Make connections between dance and other disciplines and subjects.

- Intermingle ideas and concepts from other disciplines to their movements or warm-up. (e.g., interpreting a piece of music or a painting).
- Continue to understand concepts and components of both dance and another subject.

Make connections between dance and other disciplines and subjects.

- Create a dance that combines a number of ideas/concepts from other interests.
- Create detailed and labeled “dance maps” using vocabulary to describe movements and sequencing.
- Begin to compare and contrast various processes used in different disciplines, such as creative writing and choreography.

Make connections between dance and other disciplines and subjects.

- Understand concepts from another subject through dance (e.g., apply science concepts) through movement (e.g., energy, body systems).
- Be familiar with a variety of parallel concepts of dance and other subjects and apply them in both classes.

Grade 5 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 1—Understand and demonstrate dance skills.		
<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> Follow and demonstrate longer sequences that involve a greater variety of locomotor and nonlocomotor movements, complex rhythms, balances, and a variety of directions. Follow a more complex warm-up. Follow more details found in steps or movements. Demonstrate creative exploration that follows specific directions. 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> Manipulate longer sequences of locomotor and nonlocomotor movements and rhythms. Move and coordinate simple actions of different body parts at the same time. Produce movement sequences that include contrasting use of the elements. Respond to others to make decisions about movement. 	<p><i>Demonstrate dance skills in a variety of physical activities.</i></p> <ul style="list-style-type: none"> Understand and accurately repeat a greater variety of locomotor and nonlocomotor movements, transitions, rhythms, balances, and directions. Demonstrate a proficiency of body awareness as it relates to space by fleeing, chasing, or dodging an individual or object while traveling safely in a variety of situations. Understand and repeat changing rhythmic patterns. Demonstrate improvisational skills in groups.
STANDARD 2—Understand and apply the principles of choreography.		
<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> Create longer variations of movements and shapes, with and without partners. Demonstrate prop skills. Create simple locomotor patterns by linking together variations. Improvise with a group in response to a set of directions. Recognize elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> Complete movements and make adequate transitions. Create and revise movement variations. Remember more complex movement sequences. Respond to elements such as time, space, and energy. 	<p><i>Demonstrate creative exploration of movement.</i></p> <ul style="list-style-type: none"> Develop more complex patterns and combinations of movement into repeatable sequences, with and without partners; revise and reorder movements. Develop choreography using a variety of creative tools; compare differences and similarities. Perform creative work for peers and discuss it Begin to understand ABA and other choreographic forms.

Grade 5 Dance

Progress Report Indicators

First Trimester

Second Trimester

Third Trimester

STANDARD 3—Create, communicate, and problem solve through dance.

Demonstrate ability to create dance.

- Take direction from peers.
- Listen when another student is sharing.
- Realize that dance comes from many different sources.
- Begin to understand mood, feelings and/or other subjective responses.
- Recognize components of time, space, and energy and use to problem-solve.

Demonstrate ability to create dance.

- Take direction from peers.
- Respond to peer sharing.
- Work together in and out of small group structures.
- Create a dance, cooperatively with others, with musical directions such as 32-count phrasing, ABA form.

Demonstrate ability to create dance.

- Discover various solutions to movement problems, with and without partners.
- Have an awareness of a variety of problem-solving strategies.
- Present and discuss dance with peers.
- Use a prop and elements such as time, space, energy to problem-solve and in cooperation with others.

STANDARD 4—Understand and relate the role of dance in culture and history.

Demonstrate cultural proficiency by learning cultural rituals.

- Work as a group.
- Learn words, movements, and cultural gestures and know their meanings.
- Understand that dance is historical and meaningful.

Demonstrate cultural proficiency by learning cultural rituals.

- Perform two or more cultural dances and create their movements.
- Know a variety of cultural reasons to dance
- Be aware of cultural lineages and the eras of their origins.

Demonstrate cultural proficiency by learning cultural rituals.

- Notice how dance is different in different cultures and describe why.
- Perform dances from several cultures and know their meanings and occasions.
- Identify dances from different cultures and different historical periods.

Grade 5 Dance

Progress Report Indicators

<i>First Trimester</i>	<i>Second Trimester</i>	<i>Third Trimester</i>
STANDARD 5—Understand the benefits of dance for lifelong fitness.		
<p data-bbox="216 443 611 508"><i>Demonstrate fitness skills in dance activities.</i></p> <ul data-bbox="128 532 684 667" style="list-style-type: none"> • Be familiar with own range of motion and practice safe movement techniques. • Participate in a more complex warm-up and understand the components. • Be aware of several components of dance fitness. 	<p data-bbox="852 443 1247 508"><i>Demonstrate fitness skills in dance activities.</i></p> <ul data-bbox="760 532 1346 695" style="list-style-type: none"> • Perform exercises that promote strength and flexibility with increasing proficiency and awareness of fitness level. • Understand the importance of stretching. • Identify functions and parts of the skeleton and large muscle groups. 	<p data-bbox="1486 443 1881 508"><i>Demonstrate fitness skills in dance activities.</i></p> <ul data-bbox="1394 532 1971 724" style="list-style-type: none"> • Demonstrate a series of exercises that promotes strength and flexibility in relation to health. • Create warm-up movements and stretches and put them into sequences based on personal fitness goals. • Identify several anatomical regions and their components.
STANDARD 6—Understand the relationships and connections between dance and other disciplines.		
<p data-bbox="149 829 678 894"><i>Make connections between dance and other disciplines and subjects.</i></p> <ul data-bbox="128 919 653 1081" style="list-style-type: none"> • Intermingle ideas and concepts from other disciplines to movements or warm-ups (e.g., interpreting a piece of music or a painting.) • Understand concepts and components of both dance and another subject and make personal connections. 	<p data-bbox="785 829 1314 894"><i>Make connections between dance and other disciplines and subjects.</i></p> <ul data-bbox="760 919 1339 1138" style="list-style-type: none"> • Create a dance that combines a number of ideas/concepts from other interests. • Create detailed and labeled “dance maps” using vocabulary to describe movements and sequencing and include other classroom connections. • Compare and contrast various processes used in different disciplines, such as creative writing and choreography 	<p data-bbox="1419 829 1948 894"><i>Make connections between dance and other disciplines and subjects.</i></p> <ul data-bbox="1394 919 1948 1049" style="list-style-type: none"> • Understand and associate concepts from other subjects through dance and vice versa • Be familiar with a variety of parallel concepts of dance and other subjects and apply them in both classes.