



## **RHYTHMICS AND DANCE**



**Introductory Rhythmics and Dance 36.02600**  
**Intermediate Rhythmics and Dance 36.03600**  
**Advanced Rhythmics and Dance 36.04600**

### **36.02600**

#### **Introductory Rhythmics and Dance**

**Course Description:** Introduces level, range, force, and focus in the exploration of space through music and dance; may include creative and expressive dance, folk and ethnic dance and square dance, or experiences developing fitness and the ability to synchronize movement with musical structure; may also include jump ropes, balls, sticks, streamers and bamboo poles.

### **36.03600**

#### **Intermediate Rhythmics and Dance**

**Course Description:** Introduces level, range, force, and focus in the exploration of space through music and dance; may include creative and expressive dance, folk and ethnic dance and square dance, or experiences developing fitness and the ability to synchronize movement with musical structure; may also include jump ropes, balls, sticks, streamers and bamboo poles.

### **36.04600**

#### **Advanced Rhythmics and Dance**

**Course Description:** Provides further development of technical skills and creative capabilities in rhythmic and dance activities.

*The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.*

## **Motor Skills and Movement Patterns**

**PERD.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.**

- a. Demonstrates competence while performing skills in a variety of rhythmic and dance activities.
- b. Performs skills at a level of competence which contributes to health-related fitness.
- c. Demonstrates proper warm-up and cool-down protocol associated with different life time sport physical activities.

## **Movement Concepts and Principles**

**PERD.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- a. Integrates a variety of strategies, tactics, concepts, and skills during rhythmic and dance activities.
- b. Evaluates skills needed for rhythmic and dance activities.

## **Fitness**

**PERD.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

- a. Maintains or improves fitness level by using the results of the Georgia Fitness Assessment to guide changes in a personal program of physical activity.
- b. Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
- c. Analyzes the relationship between physical activity and longevity.

## Personal and Social Behavior, Rules, Safety, and Etiquette

**PERD.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- a. Displays the ability to design rules, procedures, and routines appropriate for the group.
- b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of individual differences.
- c. Applies safe practices in the physical education setting.
- d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.

**PERD.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- a. Explains why participation in activities is enjoyable and desirable either alone or in a group.
- b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

