

Dance

Introduction

The movement potential of children can be enhanced through music, dance, and other rhythmic forms. Rhythm can produce a greater intensity of movement, as well as increased participation, interest, and enjoyment. Utilization of partner and group formations during dances encourages the development of social and personal skills. Dance and rhythm activities foster creative movement and promote and improve basic body concepts, spatial awareness, and motor control. Additionally, dance may be used to develop cultural awareness.

What You Have

SPARK Manual

- **Lessons**
 - 12 activities sequenced by level of difficulty.
- **Inclusive Strategies**
 - Tips to help meet the needs of all students.
- **Supplemental Lesson Content**
 - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
 - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”
 - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
 - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
 - **Standards:** indicates which national PE standards and grade level outcomes are addressed.
 - **SEL Competencies:** Shows the lesson’s alignment with CASEL’s SEL competencies and related skills.
 - **Vocabulary:** a list of words used to highlight academic content during the lesson.
 - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

SPARK Instructional Media

- **Unit Plan**
 - A model of 3, 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Skill Cards**
 - Half-sheets graphically depicting various skills and concepts for use as visuals in several activities. Print on card stock and laminate for durability.
- **Assessment Sample**
 - A sample performance rubric to document and guide learning.
- **Limited Space/Large Class Ideas**
 - Ideas for modifying activities to respond to these challenges.
- **Teacher Prompt Pages**
 - A simplified and enlarged version of the GO! section for each dance.
- **Glossary of Dance Steps**
 - A set of commonly used dance steps that can be shared in different SPARK dances.
- **National Dance Standards**
 - Standards can be used to align with SPARK Dance lessons.