

# Lesson Plan

DANCE/Fitness

Lesson #5

Grades 2-5

## Standard

PE.5.MS.1.4 Create movement sequences that are smooth and fluid and have several different rhythmic patterns.

## Objective

Students will compare and contrast fitness concepts and dance

## To-do

- 1) Review the list of dances learned so far in PE class; 2) Review the different types of fitness endurance concepts practiced in PE class; 3) Follow 'Description' instructions

## Materials

- Paper/writing utensil OR email response to your teacher

## Description

Fitness Endurance concepts:

- Pacing – listening to your body during continuous movement; being able to finish as strong (or stronger) as started
- Interval – continuous movement at different speeds (faster/slower) in order for the body to keep up for a duration of time

Dances in PE: Conga, Macarena, Electric Slide, Cupid Shuffle (turn on some music and dance for exercise today)

Compare/Contrast written assignment:

What does endurance fitness and dance have in common (similarities)?

What is different?



## Feedback

Submit your completed written statement (by scan or email attachment) to your teacher by end of day Friday, 3/20