

CHOREOGRAPHY MODULE



Lessons in this module were contributed by **Lisa Jacob**, a physical educator at Maine West High School in Des Plaines, IL, who specializes in dance education.

Grade-Level Outcomes Addressed, by Lesson	Lessons															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.																
Demonstrates competency in a form of dance by choreographing a dance or by giving a performance. (S1.H2.L2)	P	P	P	P	P	P	P		P	P	P	P	P	P	P	P
Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.																
Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)	E	E												P		
Identifies and discusses the historical and cultural roles of games, sports and dance in a society. (S2.H1.L2)							P									
Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)					P										P	
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.																
Investigates the relationships among physical activity, nutrition and body composition. (S3.H1.L2)			P													
Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle. (S3.H2.L2)				E		P				E	E	E	E	E	E	P
Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)						P		P	P	P	P	P	P	P	P	P
Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)															E	E
Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.																
Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media. (S4.H1.L2)			E													
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)	E				P			P	P							
Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). (S4.H2.H2)							E									
Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)												E				
Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)			E												E	
Solves problems and thinks critically in physical activity or dance settings, both as an individual and in groups. (S4.H4.L1)	P	P	P	P	P	P	P		P	P	P	P	P	P		
Accepts others' ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects. (S4.H4.L2)			P				E		E	E	E			E		

(continued)

CHOREOGRAPHY MODULE (CONTINUED)

Grade-Level Outcomes Addressed, by Lesson	Lessons															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.																
Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)					E											
Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)				E	E	E						E				
Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)				P	P	P			P	P	P	P	P	P	P	P
Identifies the uniqueness of creative dance as a means of self-expression. (S5.H3.L2)		E					P									

P = Primary; E = Embedded