



LINE DANCE MODULE

Lessons in this module were contributed by **Patrice Lovdahl**, who taught physical education for 30 years before retiring and now is an adjunct faculty member at the University of Southern Mississippi and William Carey University.

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 dance forms used in cultural and social occasions (e.g., weddings, parties), or demonstrates competency in 1 form of dance (e.g., ballet, modern, hip hop, tap). (S1.H2.L1)	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
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
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)										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	E			E						
Identifies examples of social and technical dance forms. (S2.H4.L1)			E	P												
Compares similarities and differences in various dance forms. (S2.H4.L2)				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.																
Discusses the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)							E	P								
Applies rates of perceived exertion and pacing. (S3.H3.L2)									E							
Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)							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
Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)													E			
Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self-monitor aerobic intensity. (S3.H10.L2)													P			

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.																
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)					E											
Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)				E	P							E				E
Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)					E					P	P			P	E	P
Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)															P	
Accepts others' ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects. (S4.H4.L2)					E											
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											
Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)	E	E				P						E			P	
Identifies the opportunity for social support in a self-selected physical activity or dance. (S5.H4.L1)											E					

P = Primary; E = Embedded