

POWER STANDARDS 1, 2, AND 5: I Can Move Correctly; I Can Train Myself and Others; and I Value Physical Education, Fitness, and Health**FINAL PROJECT IN A DANCE-BASED CLASS**

Name: _____

In groups of three or fewer, choose one of four ideas to be completed for your final project.

Idea 1: You and your group create a dance instruction video. This video will be accessed in your school's library.

- _____ Need access to video camera.
- _____ Each person in group needs to participate in video.
- _____ Teach proper form and position, break down each movement, and demonstrate progressions.
- _____ May opt for the video to be for beginning, intermediate, or advanced students.
- _____ Choose one type of dance (e.g., hip-hop, square, salsa, swing, folk).

Idea 2: You and your group teach a dance to an elementary PE class or middle school PE class.

- _____ Need to contact PE teacher at school and arrange date (prearranged absence form and transportation form must be granted).
- _____ Need to thoroughly explain to kids the benefits as well as the exercises you are demonstrating. Demonstrate at least 20 poses.
- _____ All need to assess kids as they are participating.
- _____ Ask teacher if you can have access to their sound system or if you need to provide one. Provide music.
- _____ Choose one type of dance (e.g., hip hop, square, salsa, swing, folk).
- _____ Submit a write-up on how your teaching went and the response of the students.