



**Course Title:** Aerobics and Dance

**Content Area:** Physical Education

**Grade Level:** 10-12

## Scope and Sequence

Grade Level: 10,11,12			Content Area: Physical Education			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Fitness Center Orientation/use	10.4.9.A 10.4.12.A 10.4.9.B 10.4.12.B 10.4.9.C 10.5.9.D 10.5.12.D	1-2 weeks and reinforce Through the Entire Course of Study	<ul style="list-style-type: none"><li>• Facility use/troubleshooting</li><li>• Rues/courtesies /clean up</li><li>• Introduction to equipment</li><li>• Teambuildr to track performance and form reinforcement.</li></ul>	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed.  Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com Fitnessgram
Proper Warmup	10.3.9.D 10.3.12.D	Through the Entire Course of Study	<ul style="list-style-type: none"><li>• Dynamic Warmup</li><li>• Dance Warm up</li><li>• Genre Warmups according to routine</li></ul>	Teacher Led Workout Video Instructor Led Workout Observation Of correct movements	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Core	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	Through the Entire Course of Study	<ul style="list-style-type: none"><li>• Dance Video workout/ Hip Hop/Ballet/ Zumba/Latin</li><li>• Just Dance you tube/ Modern</li><li>• Pilates</li></ul>	Teacher Led Workout Video Instructor Led Workout	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics

			<ul style="list-style-type: none"> <li>• Stability Ball</li> <li>• Ab ripper X</li> <li>• Core Workout</li> <li>• Step Aerobics</li> <li>• Incorporation of Dumbbells and Resistance Bands</li> </ul>	Observation Of correct movements		and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Upper Body	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	Through the Entire Course of Study	<ul style="list-style-type: none"> <li>• Dance Video workout/ Hip Hop/Ballet/ Zumba/Latin</li> <li>• Just Dance you tube/ Modern</li> <li>• Incorporation of Dumbbells and Resistance Bands, cable assisted machines</li> <li>• Core Bags, grip pads</li> </ul>	Teacher Led Workout Video Instructor Led Workout Observation Of correct movements	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Lower Body	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	Through the Entire Course of Study	<ul style="list-style-type: none"> <li>• Dance Video workout/ Hip Hop/Ballet/ Zumba/Latin</li> <li>• Just Dance you tube/ Modern</li> <li>• Incorporation of Dumbbells and Resistance Bands, Cable assisted machines</li> <li>• Step Aerobics</li> </ul>	Teacher Led Workout Video Instructor Led Workout Observation Of correct movements	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Total Body	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	Through the Entire Course of Study	<ul style="list-style-type: none"> <li>• Dance Video workout/ Hip Hop/Ballet/ Zumba/Latin</li> <li>• Just Dance you tube/ Modern</li> </ul>	Teacher Led Workout Video Instructor Led Workout	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics

			<ul style="list-style-type: none"> <li>• Incorporation of Dumbbells and Resistance Bands, Cable assisted machines</li> <li>• Step Aerobics</li> <li>• HITT workouts dance style</li> </ul>	Observation Of correct movements		and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Flexibility	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	Through the Entire Course of Study	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Breathing</li> <li>• Relaxation</li> <li>• Standing poses</li> <li>• Mat series</li> <li>• Table poses</li> <li>• Flow</li> </ul>	Teacher Led Workout Video Instructor Led Workout Observation Of correct movements	Students are allowed to modify movements.	All content is teacher organized. Content is teacher created and Video instruction is also used. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com Physical Education Video Library.
Final Project	10.4.9.A, B, C, D, E, F  10.4.12.A, B, C, D, E, F	1 class presentation	Student led choices	Final Project Rubric	Students are allowed to modify movements.	All content will be student created using resource that are referenced following teacher created rubric posted in blackboard.