

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 5 & 6**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD
<u>DANCE</u>	<p>Students will be able to:</p> <ol style="list-style-type: none"> 1. tell what formation is used with different dances; 2. tell how many beats are done in different dances; 3. understand the importance of dance for social development; 4. dance individually; 5. demonstrate hopping, clapping, and stepping. <ul style="list-style-type: none"> • perform a cha-cha step; • perform a grapevine step; • demonstrate kick turns; • demonstrate rocking motion; • socially interact with classmates; • develop a positive attitude towards dancing. 	<p>Review dances from grades 1 - 4 and Special Education as appropriate.</p> <p><u>NEW ELECTRIC SLIDE</u></p> <p>Children will stand in line formation, facing music, and perform the following steps:</p> <ol style="list-style-type: none"> 1. Hop forward, back, left, and right with a four beat shake in between each hop. 2. Step out with right foot and bring it back. 3. Step out with left foot and bring it back. 4. Repeat a second time. 5. Make a 1/4 turn to the right, taking 3 steps back. 6. Repeat. <p><u>COUNTRY SLIDE</u></p> <p>Children will stand in line formation, facing music, and perform the following steps:</p> <ol style="list-style-type: none"> 1. Grapevine, step right and clap. 2. Grapevine, step left and clap. 3. Take 2 kick steps forward - right, left. 4. Take 3 steps backward, ending with a clap. 5. Shake hips 3 times and finish with a quarter turn to the right. 6. Repeat steps 1-5. 	<ul style="list-style-type: none"> • <i>Electric Slide - Grandmaster Slice</i> • <i>Boot Scootin' Boogie - Brooks & Dunn</i> 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.8 B.8</p> <p>2.5 A.1-4 A.8 B.8</p>

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<u>DANCE</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • dance individually in line formation; • follow along with music; • follow along with classmates; • understand the social aspect of dancing; • enjoy dancing as exercise. 	<p><u>COUNTRY SLIDE II</u></p> <p>Children will stand in line formation, facing the music, and perform the following steps, which are all done for 8 counts:</p> <ol style="list-style-type: none"> 1. Step right, together with left. 2. Step left, together with right. 3. Step right, together with left. 4. Step left, together with right. 5. Step right with a hip pump on 2nd count. 6. Step left with a hip pump on 4th count. 7. Step right with a hip pump on 6th count. 8. Step left with a hip pump on the 8th count. 9. Pivot on left foot. 10. Step back with right. 11. Turn 180 degrees facing the left wall. 12. Turn counter clockwise. 13. Jump in a clockwise direction 4 times, clapping on the final count. 	<ul style="list-style-type: none"> • <i>Hitman</i> - A B Logic or <i>Whoop</i> - 95 South 	<ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8 B.8</p>

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<u>DANCE</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • perform pump steps and together steps; • demonstrate jumping; • demonstrate clapping; • demonstrate turns. <ul style="list-style-type: none"> • dance individually in line formation; • socializing with classmates; • keep up with the beat of the music; • perform a grapevine step; • count the underlying beats in different dances; • demonstrate pointing, stepping, and clapping. 	<p><u>WHOOOMP</u></p> <p>Children will stand in line formation and perform the following steps:</p> <ol style="list-style-type: none"> 1. Grapevine right - clap on 4 2. Grapevine Left - clap on 4 3. Do 4 "Pumps" forward, starting with right foot (step & bend knee 2x). 4. Jump 1/4 turn to the right. 5. Jump 1/4 turn to the left. 6. Jump 3 - 1/4 turns to the right (should now be facing opposite direction). <p>This dance is easy and sure to be a hit with students of all ages.</p> <p><u>HERE IT IS</u></p> <p>Children will stand in line formation and perform the following steps:</p> <ol style="list-style-type: none"> 1. Point both arms up to the right 2x. 2. Point both arms up to the left 2x. 3. Point both arms down to the right 2x. 4. Point both arms down to the left 2x. (8 beats of the song) 5. Point both arms up to the right 1x. 6. Point both arms up to the left 1x. 7. Point both arms down to the right 1x. 8. Point both arms down to the left 1x. 	<ul style="list-style-type: none"> • <i>Gonna' Make You Sweat</i> - C & C Music Factory • <i>Love Shack</i> - B 52's 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8 B.1-4</p> <p>2.5 A.1-4 A.8 B.1-4</p>

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<u>DANCE</u>	Students will be able to: <ul style="list-style-type: none"> • dance individually in line formation; • step and stop in time to the music; • enjoy dancing as exercise. 	<p><u>HERE IT IS</u> (continued)</p> <ol style="list-style-type: none"> 9. Cross right arm as in the Pledge of Allegiance (hold). 10. Cross left arm the same way (hold). 11. Place right hand on right hip. 12. Place left hand on left hip. 13. Chug forward with a little jump (whooh!) . 14. Chug forward with a 1/4 turn to the right (whooh!). 15. Repeat dance steps. <p><u>COUNTRY CONTINENTAL</u></p> <p>Children will stand in line formation (no partners) and perform the following steps:</p> <ol style="list-style-type: none"> 1. Touch right heel out to front 2x. 2. Touch left heel out to front 2x. 3. With right heel, touch front, back, side, and slap behind left leg. 4. Grapevine right; then grapevine left. 5. Step forward - right, left, right - and with left leg, turn 1/4 to the right. 6. Back up - left, right, left - and stomp right foot together with left. 7. Keeping the heel down, pivot right foot to the right 2x. 		<ul style="list-style-type: none"> • Teacher Observation 	2.5 A.1-4 A.8 B.1-4

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<u>DANCE</u>	Students will be able to: <ul style="list-style-type: none"> • dance without partners in a line recalling steps; • enjoy moving to music; • build self-esteem in a social setting; • demonstrate a polka step; • demonstrate clicking heels and pointing toes; • perform a full turn and 1/4 turn on each foot. • respond to phrasing. 	<u>CONTINENTAL</u> Children will stand in line formation (no partners) and perform the following steps: <ol style="list-style-type: none"> 1. Click heels 2x. 2. Point right 1, 2, forward. 3. Point left 1, 2, forward. 4. Point right toe to the right side. 5. Lift right knee while turning 1/4 to the left on the left foot. 6. Back up, stepping right, left, touching right toe back. 7. Go forward, right, left, touching right toe forward. 8. Repeat steps 6 & 7. 9. Make a full turn to the right side (R, L, R, L). 10. Make a full turn to the left side (L, R, L, R). 11. Tap-touch right, then left. 12. Repeat all of the above steps. 	<ul style="list-style-type: none"> • <i>Break My Stride</i> - Matthew Wilder or try something by the BeeGees or Pointer Sisters 	<ul style="list-style-type: none"> • Teacher Observation 	2.5 A.1-4 A.8 B.1-4