**Performance Tasks:**

**Module A, B, C Tasks:** Demonstrate individual responsibility during group physical activity.

**Module A, B, C Tasks:** Demonstrate cooperative skills during group activity.

**Module B Task:** Apply concepts of mechanically correct form in a variety of activities.

**Module B Task:** Perform individually or in a group a 1 minute sequence of rhythmic movements in a fitness activity.

**Essential questions:** Students will keep considering…

What are new combinations of rhythmic locomotor movements within fitness activities?

What is the mechanically correct form in a new movement experience?

What is my role in the success of a group?

**Understandings:** Students will understand that…

Incorporating mechanically correct form will improve success and efficiency during activity.

Connecting locomotor skills in a variety of movement patterns can improve their fitness level.

Individual behaviors impact the success of a group.

**Knowledge:** Students will know…

Mechanically correct form for a variety of activities.

Why mechanically correct form is important for safety and success in a variety of activities.

A variety of rhythmic locomotor movements within fitness dance activities (Drum Fit, Zumba, Step Aerobics, etc.).

How to incorporate movement with rhythm into a variety of fitness activities.

What the roles are for individuals in a group physical activity.

**8th Grade Movement Principles**

**Transfer goal:** Students will be able to independently use their learning to… move safely, positively and efficiently during physical activity.

**Skill:** Students will be able to…

Apply concepts of mechanically correct form in a variety of situations in isolation.

Apply concepts of mechanically correct form in a variety of situations in activity.

Combine locomotor skills within a rhythmic fitness routine.

Incorporate a variety of directional movements into rhythmic patterns in a fitness dance.

Design and demonstrate a rhythmic pattern in a choice fitness dance activity.

**Illinois State Standards**

19 Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

21 Develop skills necessary to become a successful member of a team by working with others during physical activity.

**Performance Descriptors**

19A.g.2 Perform selected sport skills using correct form.

19A.g.3 Apply sport skills in game-like situations using correct form.

19A.j.1 Analyze personal performance for effective movement.

19A.j.2 Apply results of self-analysis for personal improvement.

19B.i.2 Demonstrate mechanically correct form (moving into position, establishing a balanced, preparatory phase, movement phase, follow through, and return to base) of a variety of manipulative skills within a game or performance setting.

21A.h.2 Demonstrate individual responsibility during group physical activity.