

# **World Dance Unit Notes**

## **Why Dance?**

1. Dance is a part of the CA State Framework (Standard 1.2)
2. Dance is cardiovascular.
3. Dance is a lifetime skill that you can do your entire life.
4. Dance gives an understanding and an appreciation for different cultures and ethnic group.
5. Dance develops coordination, rhythm and general fitness.
6. Dance develops movement efficiency.
7. Dance is FUN!!!

## **Dance Grade Criteria:**

1. Skills Test (post class)
2. Written Test
3. Daily Participation