

### **Dance Content Standards**

1. Identifying and demonstrating movement elements and skills in performing dance
2. Understanding choreographic principles, processes, and structures
3. Understanding dance as a way to create and communicate meaning
4. Applying and demonstrating critical and creative thinking skills in dance
5. Demonstrating and understanding dance in various cultures and historic periods
6. Making connections between dance and healthful living
7. Making connections between dance and other disciplines

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### **National Standards for Physical Education**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms
2. Applies movement concepts and principles to the learning and development of motor skills
3. Exhibits a physically active lifestyle
4. Achieves and maintains a health-enhancing level of physical fitness
5. Demonstrates responsible personal and social behavior in physical activity setting
6. Demonstrates understanding and respect for differences among people in physical activity settings
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction

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