Grade 8, Dance

Standards:

CA CCSS Writing Standards for Literacy in Science and Technical Subject (WHST)
8.10: Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

Grade 8 VAPA, Dance, Connections, Relationships, Applications
5.2: Describe how dancing builds positive mental, physical, and health-related practices (e.g., discipline, stress management, anatomic awareness).

Lesson Idea:

Each student will maintain a two-week journal /blog whose audience is the other members of the dance class and the teacher. The daily entries will reflect how dance is affecting their overall health, mood, stress levels, and physical awareness.

At the end of the two-week journaling/blog process, the student will revisit the entries, review the feedback from others, and develop an article, which explains the positive impact of dance. These articles will be posted on the school website for others to read.