

PED 200 Dance Study Guide

**Educational Dance and Square Dance
(Appalachian Big Set) including histories**

**Non-locomotor, locomotor, combination, and
primitive movements**

**Developmentally appropriate statements for
dance**

Physically educated person

North Carolina State Curriculum for dance

Lesson plan content: know the different parts

Unit plan content: know the different parts

**Movement content for dance: Be familiar with the
different Themes i.e., Body awareness,
Space.....etc.) **You can find these in your
gymnastics book.****

**Rhythmic elements (Basic Pulse, Rhythmic
pattern, and Accent) the term “line of direction”**

**Be familiar with the dances and their basic steps:
such as Lindy/Swing/Shag, Foxtrot, Waltz,
Rumba, Texas Shuffle, ChaCha, Merengue, French
Quadrille, and Polka**