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