RLP-PEB · RLP Physical Education B — Sport, Recreation, Dance and Lifetime Activity

Unit 3: Rhythm, Dance and Culture

Practice Workbook. The same problems, in the same order, as the Practice sections of the online lessons.

Name _____ Period _____

Lesson 3.1 — Dance as Culture — Social, Folk, Line and Square Dance

FLUENCY

1. Name the five families of dance from the lesson and give one example of each.

2. When did Missouri name the square dance its American Folk Dance, and which statute defines it? List the dances the definition includes.

3. How many dancers are in one square, and how are they arranged?

APPLICATION

4. Trace the history of the square dance in three steps, and name the three cultural traditions it carries.

5. Use the lesson's four comparison questions (who, when, what it builds, etiquette) to describe a line dance at a community event.

6. Explain two square-dance etiquette rules and why each matters.

7. Compare a square dance at a club night with a hora at a wedding: one similarity and two differences.

CHALLENGE

8. Classify the jarabe tapatío and bhangra by family, and explain how one dance can belong to more than one family.

REVIEW

9. Review (Lesson 1.1): the lesson says etiquette is part of the skill in dance. Compare one sport etiquette habit with one dance etiquette habit that serve the same purpose.

Lesson 3.2 — Rhythmic Fitness Lab — Step, Band, Rope and Ball

FLUENCY

1. What is an eight-count, and how many beats are in 4 eight-counts?

2. You count 31 beats of a song in 15 seconds. What is its tempo? Is it closer to a walking-pace song or a brisk workout song?

3. Match each lab station to its main fitness components: step, band, rope, ball.

APPLICATION

4. An example 17-year-old, Leo, counts 37 beats in 15 seconds after the step station, 44 after rope and 25 after the ball station. For each, find bpm, the percentage of his estimated maximum (to the nearest whole percent) and the zone.

5. At 120 BPM with one step per beat, how many steps are taken in a 3-minute station, and how many eight-counts is that? How many steps would a 130 BPM song give in the same time?

6. Explain why rope jumping counts as bone-strengthening activity but the band station does not in the same way.

7. Give three ways to make a rhythmic station harder for Session 2, drawn from the lab.

CHALLENGE

8. An example student wants one 15-minute rhythmic routine that trains her heart and lungs and also counts as bone-strengthening, plus one station for coordination. Design it in eight-counts with the stations from the lab and justify each choice.

REVIEW

9. Review (PE A, Lesson 2.3): list the three ways the lab measures intensity and what vigorous looks like on each.

Lesson 3.3 — Dance Studio — Steps and Etiquette from Three Cultures

FLUENCY

1. Write the counts for the 8-count do-si-do.
2. Match each dance to its place of origin and one feature: hora, bhangra, jarabe tapatío.
3. List four ways to learn a dance from another culture respectfully.

APPLICATION

4. In the Romanian horă practice pattern, the circle travels three steps forward and one step back per 4 counts, repeated 8 times. (a) How many counts is that? (b) How many steps forward and back in total? (c) What is the net number of steps forward?

5. Write the zapateado drill from the lesson in counts, and name the posture cue.

6. An example student's recording of the bhangra step shows her landing flat-footed with stiff knees and her arms drooping to shoulder height. Using the lesson's checklist, name the errors and the corrections.

7. Give the etiquette for each: hora circle; bhangra; jarabe tapatío.

CHALLENGE

8. Explain why the lesson asks you to use the name "jarabe tapatío" instead of its English nickname, and connect this to the idea of cultural appropriation.

REVIEW

9. Review (Lesson 3.1): which square-dance figure moves all dancers counterclockwise around the square, and how many counts does the studio give it?

Lesson 3.4 — How Dance Shapes Culture — and Making Dance Inclusive

FLUENCY

1. What does each letter of the STEP adaptation tool stand for? Give one dance example for each.

2. Define *diaspora* and *standardization*, and give the lesson's dance example of each.

3. Sort into recreational (R) or social (S) aspects: (a) exercise; (b) celebration; (c) skill; (d) identity; (e) fun; (f) belonging.

APPLICATION

4. Summarize how each dance shaped culture, in one sentence each: square dance, hora, jarabe tapatío, bhangra.

5. Explain why a circle formation like the hora's signals community.

6. An example family dance night includes a grandmother who cannot stand for long and a cousin who does not like holding hands for personal or cultural reasons. Plan a hora that includes both, using two STEP changes.

7. Give three strategies from the lesson for including people of diverse backgrounds in a dance.

CHALLENGE

8. Explain how Callerlab's standardization can be both good for including people and a change to a folk tradition. Use facts from the lesson.

REVIEW

9. Review (Lesson 3.3): the bhangra practice step includes hops. Use STEP to make it accessible for a dancer who cannot hop, keeping its spirit.

Unit 3 checkpoint

1. Which dance family is passed down through generations within a community?
   A. Performance dance
   B. Folk dance
   C. Aerobic dance
   D. Line dance
2. In 1995 Missouri named the _____ dance its American Folk Dance.
3. True or false: The French quadrille is the most direct ancestor of the square dance.
4. A song has 30 beats in 15 seconds. What is its tempo?
   A. 60 BPM
   B. 100 BPM
   C. 120 BPM
   D. 150 BPM
5. Which lab station mainly develops coordination, agility and reaction time?
   A. Step
   B. Band
   C. Rope
   D. Ball
6. A phrase of eight beats used to build routines is called an _____.
7. Which dance is tied to the Vaisakhi harvest festival and the dhol drum?
   A. Hora
   B. Bhangra
   C. Jarabe tapatío
   D. Square dance
8. True or false: In a hora circle, keeping the same step as the circle prevents anyone from being pulled.
9. Rhythmic stamps and heel-and-toe taps in Mexican folk dance are called _____.
10. Using a scarf link instead of holding hands is which STEP change?
    A. Space
    B. Task
    C. Equipment
    D. People
11. True or false: After independence the jarabe tapatío became a symbol of Mexican national pride.