

## **PE 10 SW: Rhythmic Activities Assignment**

Part of the PE 10 curriculum in BC specifies rhythmic activities as a component of the curriculum. Examples of rhythmic activities are

- dance (ballet, jazz, hip hop, modern, tap, aerobic, aboriginal, folk)
- gymnastics
- figure skating
- synchronized swimming
- water aerobics

If you have some rhythmic activities recorded in your fitness log as part of your personal fitness program, you do not have to do this written assignment. However, if these rhythmic activities are not part of your exercise program, you must complete the following assignment in order to meet the requirements of the PE10 curriculum.

### **Assignment**

Choose a topic. A number of possibilities are listed below, but I would encourage you to make suggestions of your own if none of these particularly interest you. Once you have your topic, you should research the information and keep track of a bibliography as you go. You must use at least three different sources to find your information. After you have gathered your research, create a booklet, power point, poster, video, or essay to present the information. If you are doing an essay or booklet, you should aim for approximately 500 words of writing.

### **Topics**

1. Research the history of three types of social dance (such as hip hop, jazz, and line).
2. Examine the various events of Olympic gymnastics. Describe each event and explain what particular attributes are required to excel in this sport.
3. Write a biography of a famous dancer, gymnast, figure skater, or synchronized swimmer.
4. Research the controversy surrounding women's gymnastics the past several decades. Many people feel that young girls have been physically and emotionally abused in the desire to produce international champions.
5. Produce a power point, video or poster that shows the evolution of social dance for young people throughout the 20<sup>th</sup> century, from the Charleston and Turkey Trot to hip hop and rap.
6. Compare several traditional folk dances from different countries.
7. A topic of your own discussed and approved by your teacher.