



Connections to North Carolina Standard Course of Study

Pre-K

Approaches to Play and Learning

- Curiosity, Information-Seeking, and Eagerness
- Play and Imagination
- Problem-Solving
- Attentiveness, Effort, and Persistence

Emotional and Social Development

- Developing a Sense of Self
- Developing a Sense of Self With Others
- Learning About Feelings

Health and Physical Development

- Physical Health and Growth
- Motor Development
- Self-Care

Language Development and Communication

- Learning to Communicate
- Foundations for Reading
- Foundations for Writing

Cognitive Development

- Construction of Knowledge: Thinking and Reasoning
- Creative Expression
- Social Connections
- Scientific Exploration and Knowledge

Kindergarten

Dance

- Use choreographic principles, structures, and processes to create dances that communicate ideas, experiences, feelings, and images.
- Create dance movement to represent words, ideas, experiences, and feelings.
- Understand how to control body and voice in personal and general space.
- Recognize that concentration is an important part of dance.
- Understand how to use performance values (kinesthetic awareness, concentration, focus, and etiquette) to enhance dance performance.
- Identify improvements made in dance based on teacher feedback.

Physical Education

- Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
- Execute recognizable forms of the basic locomotor skills
- Create transitions between sequential locomotor skills.
- Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.

Health Education

- Remember the association of healthy expression of emotions, mental health, and healthy behavior.
- Recognize feelings and ways of expressing them.
- Recall stressors and stress responses.
- Understand healthy and effective interpersonal communication and relationships
- Explain reasons for sharing.
- Compare people in terms of what they have in common and how they are unique.
- Recall activities for fitness and recreation during out of school hours.

Music

- Execute simple rhythms using body, instruments, or voice.
- Recognize how music changes (such as dynamics and tempo).
- Illustrate a steady beat.

- Create music using a variety of sound and notational sources.
- Create patterns that illustrate a steady beat.
- Use singing, playing, and/or moving to respond to a variety of musical ideas.
- Understand the interacting elements to respond to music and music performances.
- Recognize contrasts in music, such as high/low pitch, loud/soft dynamics, fast/slow tempo, and same/different sections of music.
- Recognize that music is performed in a variety of settings and for a variety of purposes.
- Use music to illustrate how people express themselves differently.
- Understand global, interdisciplinary, and 21st century connections with music.
- Recognize the relationships between music and concepts from other areas.

First Grade

Dance

- Create dance movement using elements of movement (body, time, space, energy).
- Construct dance phrases which illustrate beginning, middle, and ending.
- Create movement that expresses words, ideas, experiences, and feelings.
- Illustrate directions, levels, and pathways in general space.
- Recognize how dance is used in customs and traditions of various cultures.

Music

- Use corresponding movements or actions to respond to prominent music characteristics (such as patterns in rhythm, melodic contour, dynamics, and form) while listening to music.
- Recognize how music is used in customs and traditions of various cultures.

Health Education

- Use effective communication to express and cope with emotions.
- Explain the importance of demonstrating respect for the personal space and boundaries of others.
- Recognize the benefits of physical activity.
- Recall fitness and recreation activities that can be used during out of school hours.

Second Grade

English Language Arts

- Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.
- Describe how characters in a story respond to major events and challenges.
- Distinguish differences in the points of view of characters, including by speaking in a different voice for each character when reading dialogue aloud.
- Use information gained from the illustrations and words in a print or digital text to demonstrate understanding of its characters, setting, or plot.
- Determine the meaning of words and phrases in a text relevant to a grade 2 topic or subject area.
- Write informative /explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.
 - With guidance and support from adults, organize information and ideas around a topic to plan and prepare to write.
- Participate in shared research and writing projects.
- Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.
- Determine and/or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 2 reading and content, choosing flexibly from an array of strategies: context clues, word parts, word relationships, and reference materials.

Social Studies

- Recognize absolute and relative location of various settlements, territories, and states in the development of the American nation.

Dance

- Understand how to be respectful of self and others in a dance setting.
- Use concentration and focus during dance explorations.
- Use teacher and peer feedback to improve dance.
- Recognize examples of simple rhythms and patterns in movement.
- Exemplify a variety of directions, levels, and pathways in general space.
- Exemplify dance representing the heritage, customs, and traditions of various cultures.
- Understand connections between dance and concepts in other curricular areas.

Music

- Create extended rhythmic patterns over a steady beat.
- Exemplify music representing the heritage, customs, and traditions of various cultures.

Healthful Living

- Identify appropriate standards for behavior.
- Summarize behaviors that help to avoid risks.
- Explain the influence on self-concept on performance and vice versa.
- Summarize the potential negative effects of stress on the body and mind.
- Exemplify how to communicate with others with kindness and respect.
- Contrast a physically active and inactive lifestyle.
- Plan family physical activities that are fun and contribute to fitness.

Third Grade

English Language Arts

- Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
- Recount stories, including fables, folktales, and myths from diverse cultures; determine the central message, lesson, or moral and explain how it is conveyed through key details in the text.
- Describe characters in a story and explain how their actions contribute to the sequence of events.
- Determine the meaning of words and phrases as they are used in a text, identifying words that impact the meaning in a text.
- Explain how specific aspects of a text's illustrations contribute to what is conveyed by the words in a story.
- Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.
- Create readable documents with legible handwriting (manuscript and cursive).
- With guidance and support from adults, use digital tools and resources to produce and publish writing (using word processing skills) as well as to interact and collaborate with others.
- Conduct short research projects that build knowledge about a topic.
- Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.
- Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.
- Determine and/or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 3 reading and content, choosing flexibly from a range of strategies: context clues, word parts, word relationships, and reference materials.

Social Studies

- Explain how entrepreneurship develops local communities.
- Explain how the absolute and relative location of places impacts the development of communities.
- Explain how climate and physical characteristics affect the ways in which people live in a place or region.

Dance

- Use safe and respectful movement practices in the dance setting.
- Understand how use of concentration enhances performance.
- Use teacher and peer feedback to refine performance quality in dance.
- Recognize beginning principles of dance technique, including rotation, elevation, and landing in dance movement.

Music

- Identify the sounds of a variety of instruments and voices, including many orchestral instruments, instruments from various cultures, children's voices, and male and female adult voices.
- Exemplify how music is used by various groups for artistic expression within the local community.

Healthful Living

- Explain how self-control is a valuable tool in avoiding health risks.
- Classify stress as preventable or manageable.
- Classify behaviors in terms of whether they do or do not contribute to healthy living.

Fourth Grade

Dance

- Organize dance phrases into simple dance sequences that have a beginning, middle, and end, and that vary the use of the dance elements.
- Create short dance sequences that communicate ideas, experiences, feelings, images, or stories.
- Use choreographic principles, structures, and processes to create dances that communicate ideas, experiences, feelings, and images.
- Use control of body, voice, and focus necessary for effective participation in dance.
- Use concentration and focus to perform short dance sequences.
- Understand how to use performance values (kinesthetic awareness, concentration, focus, and etiquette) to enhance dance performance.
- Illustrate a variety of ways to use shapes.
- Execute locomotor and non-locomotor (axial) movement with clarity and intent.
- Understand how to use movement skills in dance.
- Execute a variety of group spatial designs and relationships while dancing.
- Explain how personal perspective influences interpretations of dance.
- Use a variety of thinking skills to analyze and evaluate dance.
- Understand how dance has affected, and is reflected in, culture, traditions, and history
- Understand cultural, historical, and interdisciplinary connections with dance.
- Exemplify connections between dance and concepts in other curricular areas.

Music

- Illustrate perceptual skills by moving to, answering questions about, and describing aural examples of music of various styles and cultures.

- Understand the interacting elements to respond to music and music performances.
- Understand global, interdisciplinary, and 21st century connections with music.

Health Education

- Understand the benefits of nutrition and fitness to disease prevention.

Physical Education

- Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
- Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.
- Create movement skill sequences commonly associated with various sports and activities.
- Identify tempo in slow and fast rhythms.

Fifth Grade

Dance

- Create short dances that use simple choreographic forms and structures (musical, literary, or visual), and that vary the use of dance elements.
- Create short dances that communicate abstract ideas.
- Use choreographic principles, structures, and processes to create dances that communicate ideas, experiences, feelings, and images.
- Execute control of body, voice, and focus necessary for effective participation in individual and group settings in dance.
- Use kinesthetic awareness, concentration, and focus to enhance the performance of dance sequences.
- Understand how to use performance values (kinesthetic awareness, concentration, focus, and etiquette) to enhance dance performance.
- Use muscular strength, flexibility, stamina, and coordination in the development of beginning dance technique.
- Exemplify how to maintain a sense of body shape while moving and in stillness.
- Integrate locomotor and non-locomotor (axial) movement and stillness into dance sequences through use of transitions.
- Illustrate phrasing in a selected piece of music using dance movement.
- Understand how to use movement skills in dance.
- Use a variety of spatial designs and relationships with clarity and intent while dancing.
- Use a variety of thinking skills to analyze and evaluate dance.
- Understand how dance has affected, and is reflected in, the culture, traditions, and history of the United States.
- Understand cultural, historical, and interdisciplinary connections with dance.
- Exemplify connections between dance and concepts in other curricular areas

Music

- Exemplify appropriate behaviors as a participant and observer of music in relation to the context and style of music performed.
- Understand how music has affected, and is reflected in, the culture, traditions, and history of the United States.
- Understand global, interdisciplinary, and 21st century connections with music.
- Understand the relationships between music and concepts from other areas.

Social Studies

- Explain how traditions, social structure, and artistic expression have contributed to the unique identity of the United States.

Health Education

- Apply positive stress management strategies.
- Implement positive stress management strategies.
- Evaluate the effectiveness of stress management strategies.
- Understand help-seeking strategies for depression and mental disorders.
- Interpret feelings of depression and sadness as normal responses to loss.
- Summarize how to seek assistance from reliable resources for depression and sadness.
- Explain the impact of stereotyping and discrimination on other people's self-respect and feelings.
- Understand the benefits of nutrition and fitness to disease prevention.
- Explain the benefits of regular physical activity on physical, mental, emotional, and social health

Physical Education

- Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
- Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.
- Use increasingly complex skills with power and accuracy.

- Illustrate mature form in combining locomotor and manipulative skills for traditional and nontraditional activities.
- Create movement sequences that are smooth and fluid and have several different rhythmic patterns.