
Virginia 5 Theatre / Dance

FREE PREVIEW

Full-Year Teacher Planner, Blank Editable Planner & School-Submission Binder

This preview shows the real structure and a genuine sample of the completed planner. The full product contains 9 units, 36 weekly plans and 180 daily plans, plus blank editable versions of every form.

State	Virginia
Grade	5 (Elementary)
Subject	Theatre / Dance
Course category	Fine Arts
Standards family	Fine Arts
Framework	Virginia Standards of Learning
Issuing agency	Virginia Department of Education
Scope	36 instructional weeks · 180 instructional days · 9 units

This is a statewide standards index, not a local course catalog. Course names, grade placement, electives, and graduation sequences vary by district.

What you get

Folder	Contents
01 START HERE	Read-me, contents, printing and digital instructions, standards verification guide, this preview
02 FILLED FULL YEAR	Completed planner in colour and ink-friendly PDF, plus editable DOCX
03 BLANK EDITABLE	Blank planner in colour, ink-friendly and fillable PDF, plus editable DOCX
04 ASSESSMENTS AND DATA	Baseline observation, quarterly rubrics, anecdotal forms, portfolio checklist
05 SCHOOL SUBMISSION	Submission covers, alignment summary, evidence checklist, observation, reflection, signature page
06 LICENSE AND CREDITS	Terms of use, credits and licences, copyright notice

The pages that follow are reproduced **exactly** as they appear in the full completed planner.

Week 9 — Internal and External Rhythms

Unit 3: Rhythm, Energy and Voice · Month 3 · Quarter 1 · Semester 1 · Instructional Days 41–45

Essential question	Where does a rhythm come from if there is no music?
Standards	Dancing to Internal and External Rhythms -> 5.4 strand — text
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Local dates	_____ (enter your school dates)

Measurable objectives

- Students will dance to a variety of rhythms generated from internal and external sources.
- Students will perform phrases showing response to changes in time.

Success criteria (student-friendly)

- "I dance to an external rhythm."
- "I dance to an internal one."
- "I respond to a change in time."

Academic vocabulary

internal, external, pulse, tempo change, phrasing

Materials and technology

- A cleared floor
- Percussion, claps and stomps
- Sound source
- Notebooks
- Class devices

Differentiation and supports

Support area	This week's plan
Special education / IEP	Reduce group size; pair visual cue cards with all verbal directions; allow gesture or picture response in place of speech; pre-teach the week's target in a 1:1 warm-up.
Section 504	Provide the child's documented accommodations throughout; permit movement breaks and alternative seating at any point in the sequence.
Multilingual learners	Introduce each vocabulary word with an object or image; accept home-language responses; send the vocabulary list home where a translation is available; pair with a peer who shares the home language.
Advanced / extension	Ask the learner to teach the skill to a peer, extend the task, or record a demonstration for the class reference wall.
Intervention / reteach	Reteach the target in a short small group using the same materials; split the day's check for understanding into two smaller steps.

Support area	This week's plan
Enrichment	Extend into an open-ended centre or project connected to the essential question.

Assessment and evidence

Dancing to both rhythm sources with a response to a change in time.

Family communication

Ask your child what an internal rhythm is.

Day 41 — Rhythms From Outside

Week 9, Day 1 • Unit 3 • Standards: 5.4

Focus	External sources.
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Vocabulary in use	internal, external, pulse
Local date	_____

Learning sequence

Connect: moving to sound. Teach: external rhythms - percussion, claps, snaps, stomps, and whatever sound source the school has, all of which the standard's own examples name. Try: shared practice. Apply: pupils dance to two external rhythms. Reflect: NO RECORDED MUSIC IS REQUIRED; the class makes the rhythm.

Check for understanding

Student dances accurately to an external rhythm.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 42 — Rhythms From Inside

Week 9, Day 2 · Unit 3 · Standards: 5.4

Focus	Internal sources.
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Vocabulary in use	internal, external, pulse
Local date	_____

Learning sequence

Connect: external. Teach: internal rhythms - breath and heartbeat, which the standard's examples name - and how a phrase driven by breath feels different from one driven by a drum. Try: shared practice. Apply: pupils dance to their own breath. Reflect: taught as a source of movement, not as a body measurement; NOTHING IS COUNTED OR RECORDED ABOUT ANY PUPIL'S BODY.

Check for understanding

Student dances to an internal rhythm.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 43 — When the Time Changes

Week 9, Day 3 · Unit 3 · Standards: 5.4

Focus	The standard's second half.
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Vocabulary in use	internal, external, pulse
Local date	_____

Learning sequence

Connect: both sources. Teach: responding to a change in tempo or meter without stopping - the same recovery habit as any performing art. Try: shared practice with deliberate changes. Apply: pupils respond.

Check for understanding

Student adapts to a tempo change without stopping.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 44 — A Phrase Built on Rhythm

Week 9, Day 4 · Unit 3 · Standards: 5.4

Focus	Composition.
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Vocabulary in use	internal, external, pulse
Local date	_____

Learning sequence

Connect: responding. Teach: building a short phrase whose structure comes from a rhythm rather than from shapes. Try: shared building. Apply: pupils build. Reflect: material kept for Unit 4.

Check for understanding

Student builds a phrase from a rhythmic source.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 45 — Performing to Both Sources

Week 9, Day 5 • Unit 3 • Standards: 5.4

Focus	Dance this week's standard assessed.
Learning target	"I can dance to internal and external rhythms and respond to changes in time."
Vocabulary in use	internal, external, pulse
Local date	_____

Learning sequence

Connect: the week. Teach: performing a phrase to an external rhythm and then to an internal one. Try: shared performance in small groups. Apply: pupils perform. Reflect: Dance this week's standard recorded.

Check for understanding

Student performs to both an internal and an external rhythm.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Important before you buy

- This is a **digital download**. Nothing is shipped.
- The planner is **calendar-neutral**: Month 1–9, Week 1–36, Day 1–180, so it fits any school calendar. You add your own dates.
- Standards were transcribed from the official source.
- Not affiliated with or endorsed by Virginia Department of Education, any district, school, assessment provider or Teachers Pay Teachers.
- No approval, compliance, rating or evaluation outcome is guaranteed.

This is a statewide standards index, not a local course catalog. Course names, grade placement, electives, and graduation sequences vary by district.

Terms of Use, Privacy and Copyright

Licence

This resource is licensed for use by **one teacher in one classroom**. You may print and reproduce the pages for your own students. You may not share, sell, sub-licence, post publicly, or upload this file to any website, shared drive or district repository. Additional classroom licences are available at a reduced price.

Copyright

All text, forms and layouts in this resource are original work. Fonts used are the standard PDF base fonts, which carry no redistribution restriction. No competitor product, published curriculum, commercial assessment, answer key, book text, character, logo or agency branding is reproduced. Where standard codes and text appear, they are quoted from a public government document for identification and alignment purposes and remain the property of the issuing agency.

Student privacy

Record learners using **initials or a school-approved identifier only**. Do not record IEP content, Section 504 plans, protected assessment scores, medical information or family information in this planner. Store completed pages securely and follow your programme's privacy requirements and applicable law. **This planner is not a secure student-information system and is not a substitute for official records.**

Accessibility

Pages use a minimum 8-point type size, high-contrast text, wide writing areas, print-safe margins, numbered pages and a bookmarked navigation outline. Colour and ink-friendly versions are supplied, and no information is conveyed by colour alone.

Disclaimer

This independently created resource is not affiliated with, sponsored by, approved by, or endorsed by Virginia Department of Education, any local school district, any school, any assessment provider, or Teachers Pay Teachers. Standards, assessments, course requirements, and submission procedures may change. Teachers must verify current requirements using <https://www.doe.virginia.gov/home/showpublisheddocument/7970/638017077551600000> and local school or district guidance.

Source citation

Virginia Department of Education. Virginia Standards of Learning. Retrieved 2026-07-27 from <https://www.doe.virginia.gov/home/showpublisheddocument/7970/638017077551600000>