



# BEFORE THE BOOGIE

ACTIVITIES LEADING UP TO YOUR DANCE UNIT IN PHYSICAL EDUCATION

**Stevie Ray Gray**

Elementary Physical Education  
Henrico County Public Schools





# OBJECTIVES

## WHAT

**Learning Activities to help scaffold dancing patterns and rhythmic combinations**

## WHY

**To better reach learners who are reluctant to participate in learning activities that will promote lifetime fitness**

## HOW

**Leave today with at least one new activity that you can teach right now to your students**

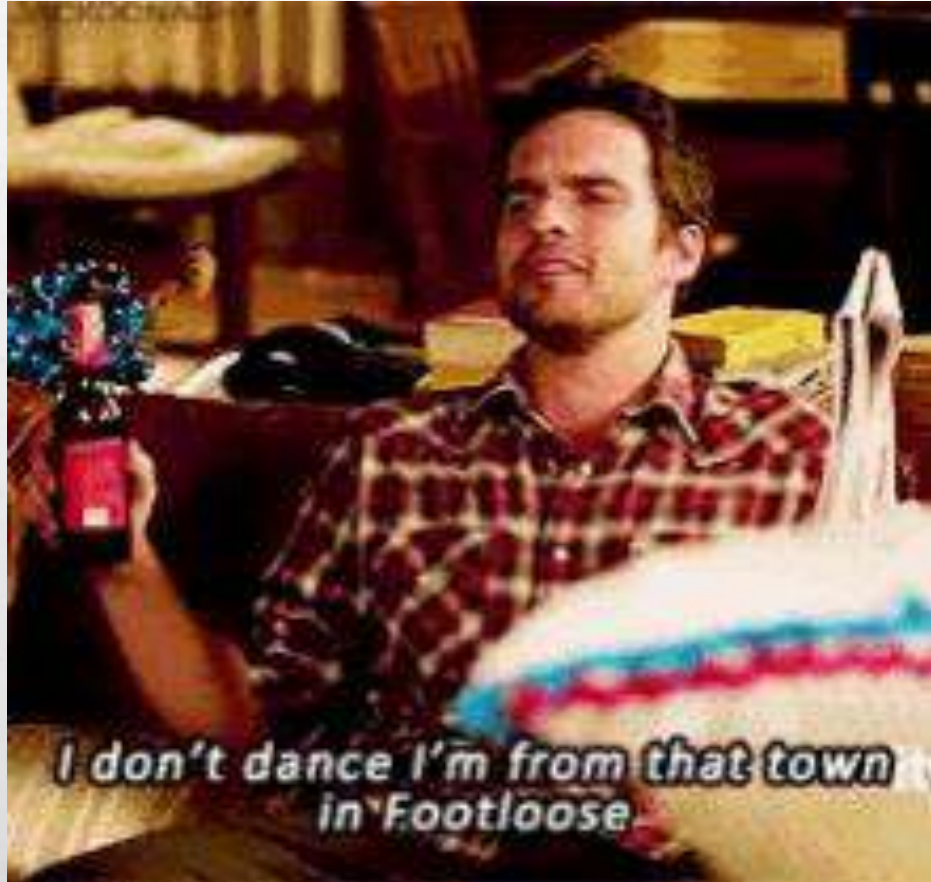
# **PARTNER PARTY** (HANDSHAKE PARTNER VARIATION)

MATERIALS: MUSIC, STEREO

- **STUDENTS WILL MOVE AROUND GENERAL SPACE FINDING PARTNERS**
- **EACH PARTNER PAIR WILL HAVE A DIFFERENT MOVEMENT SEQUENCE**
- **THE TEACHER WILL CUE THE STUDENTS TO FIND SPECIFIC PARTNERS AND PERFORM MOVEMENT SEQUENCES**







## WHY DO STUDENTS REJECT DANCE PARTICIPATION?

- LACK OF PERCEIVED CONFIDENCE
- FEAR OF EMBARRASSMENT
- IRRELEVANT DANCES

**Dance could be the most important skill for students in Physical Education – How do we maximize participation?**

# DANCE TELEPHONE (SCAFFOLDING)

MATERIALS: MUSIC, STEREO, STUDENTS  
SPLIT INTO GROUPS

- **STUDENTS IN A STRAIGHT LINE**
- **THE FIRST STUDENT IN THE LINE IS FACING THE LEADER (TEACHER), THE REST ARE FACING THE BACK**
- **THE LEADER WILL SHOW A 4- OR 8-COUNT MOVE THAT THE STUDENT MUST TRY TO MEMORIZE**
- **STUDENTS WILL TURN AND TAP THE NEXT PERSON IN LINE. THE STUDENT WILL TRY TO REPLICATE THE MOVEMENT THEY JUST SAW**
- **STUDENTS WILL CONTINUE DOWN THE LINE UNTIL THE LAST PERSON HAS SEEN THE MOVEMENT**



# THINGS TO KEEP IN MIND

- **APPLICATION – RELEVANCE**
- **SCAFFOLDING – BRIDGE THE GAP**
- **GAMES – MAKE IT FUN**
- **SONG CHOICE – OWNERSHIP**







## **CHICKEN DANCE TAG (GAMES)**

MATERIALS: TAGGING OBJECT(S)

- **TEACHER SELECTS TAGGERS WHILE STUDENTS PERFORM DANCE**
- **TAG GAME BEGINS ON THE MUSIC CUE**
- **IF TAGGED, STUDENTS RETURN TO THE DANCE CIRCLE**
- **GAME CONTINUES THROUGH THE SONG WITH NEW TAGGERS**

# **APPLICATION - RELEVANCE**

- **LIFELONG PHYSICAL ACTIVITY**
- **SOCIAL ELEMENT**
- **HEALTH- AND SPORT-RELATED FITNESS**





# **WILD CARD SHUFFLE**

## **(GAMES AND SCAFFOLDING)**

MATERIALS: WILD CARD DANCE CARDS,  
MUSIC

- **CLASS WILL BE SPLIT INTO TWO TEAMS**
- **TEAMS WILL PERFORM \*DANCE MOVE\* UNTIL A STUDENT IS SELECTED TO PICK A CARD**
- **TEAMS WILL PERFORM BEST VERSION OF THE WILD CARD (TEACHER PICKS THE WINNER)**



# VIRGINIA REEL (SONG CHOICE)



VIRGINIA REEL

4x40 R

|         |                               |                  |  |  |  |
|---------|-------------------------------|------------------|--|--|--|
| 1 2 3 4 | ALL                           | ALL              |  |  |  |
| ↑ ↓     | T <sub>R</sub> T <sub>L</sub> | T <sub>B</sub> D |  |  |  |

Collins Pocket Ref Book

4C/4G longwise set.

## PHYSICAL EDUCATION SURVEY

Name:

Teacher:

1. What did you **LOVE** about Physical Education last year?

2. What would you **CHANGE** about Physical Education?

3. What is your **FAVORITE SONG**?

4. Is there **ANYTHING** you'd like for your PE Teacher to know?

# DANCE CREATION (OWNERSHIP)

Each member of your group will sign this contract by writing their name beside an (X):

By signing below, I agree to do my best work during this group project, to stay on task, to listen to the opinions of my teammates as well as give my own, and to find constructive ways to disagree. If I violate any of these conditions, my teammates may report me to MR. GRAY who may ask me to switch groups or work by myself. I know that my grade affects the grades of the students on my team and I will give the best effort I can during this project.

(X)

(X)

(X)

(X)

(X)

Name a member of your group to each of the following roles:

|             |   |  |
|-------------|---|--|
| Captain     | Group Leader. Keep everyone working toward your goal.                 |  |
| Secretary   | Best Writer. Write all notes and turn in your final paper.            |  |
| Sergeant    | Conflict Resolution. Settle any debates in a peaceful manner.         |  |
| Manager     | Material Collection. Retrieve and return any materials or equipment.  |  |
| Time Keeper | Clock Watcher. Make sure that tasks are completed in a timely manner. |  |

Song # \_\_\_\_\_

|  |  |
|--|--|
| Grapevine Right<br>Grapevine Left                      | Jump Forward<br>Jump Backward                        |
| Pivot Steps Clockwise<br>Pivot Steps Counter-clockwise | Toe touch in front, behind<br>Toe touch to the side  |
| Cartwheel (Gymnastics)<br>With time for recovery       | 4 Steps Backward<br>4 Steps Forward                  |
| Exercise(s) High or Low<br>8 Counts                    | March in place<br>Or March and trade spots           |
| Twist low to the ground<br>Twist back up to standing   | Piggy-back, Leap Frog<br>or another partner activity |



# CREATE A DANCE

## LOCOMOTOR MOVEMENT

(MOVING FROM ONE PLACE TO ANOTHER – 8 COUNTS)

## STATIONARY MOVEMENT

(STAY ON YOUR SPOT – 8 COUNTS)

## SKILL-RELATED FITNESS MOVEMENT

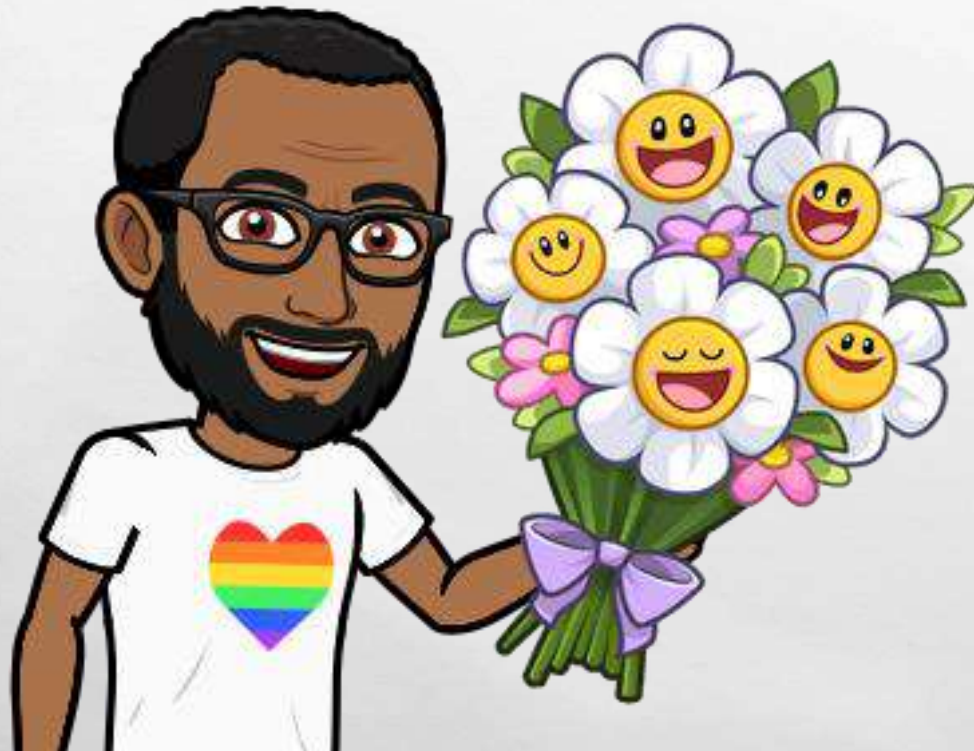
(AGILITY, BALANCE, COORDINATION, POWER, REACTION TIME, SPEED)

## TRANSITION

(MOVE TO FACE THE NEXT WALL)



# THANK YOU!



- **STEVIE RAY GRAY**
- **SRGRAY1@HENRICO.K12.VA.US**