



# IS IT THE DANCE OR THE SONG?

**STEVIE RAY GRAY**  
ELEMENTARY PHYSICAL EDUCATION  
HENRICO COUNTY PUBLIC SCHOOLS

**JAMIE WRIGHT**  
SECONDARY PHYSICAL EDUCATION  
FRANKLIN 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

# JUMP



- ▶ Right foot tap
- ▶ Jump and Clap
- ▶ Left foot tap
- ▶ Jump and Clap
- ▶ Cross arms
- ▶ Wave Arms
- ▶ Repeat
- ▶ Roll arms – 4 steps forward
- ▶ Roll arms – 4 steps backward
- ▶ Flip hands up, flip hands down
- ▶ Pancake
- ▶ Rollerblade right and left
- ▶ Snake
- ▶ Shake Your Legs
- ▶ Wave

[https://www.youtube.com/watch?v=5hBX-Ww\\_dHU](https://www.youtube.com/watch?v=5hBX-Ww_dHU)

# SHEESH



- ▶ Slides
- ▶ Hops
- ▶ Slides
- ▶ Hops

## **Slow-slow quick-quick-quick**

- ▶ Hips
- ▶ Grapevine
- ▶ Forwards
- ▶ Backwards
- ▶ Jumps

- ▶ Arm Circles

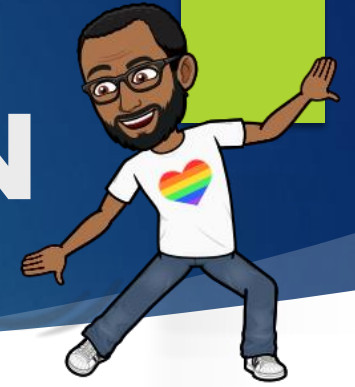
<https://www.youtube.com/watch?v=t6ZOtJM0TQE>

# SEPTEMBER



- ▶ Grapevine right
- ▶ Grapevine left
- ▶ 3 steps back
- ▶ Lean forward and clap
- ▶ Clap 2 times
- ▶ Clap front, back, under the leg,  $\frac{1}{4}$  turn
- ▶ Repeat
- ▶ Roll arms – 4 steps forward
- ▶ Roll arms – 4 steps backward
- ▶ Flip hands up, flip hands down
- ▶ Pancake
- ▶ Rollerblade right and left
- ▶ Snake
- ▶ Shake Your Legs
- ▶ Wave

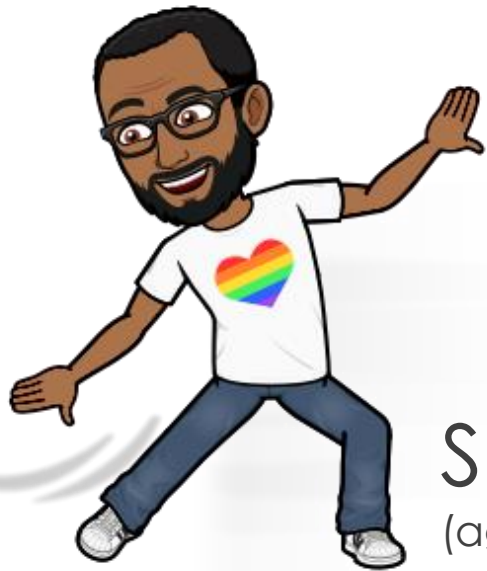
# DON'T YOU HOLD ME DOWN



- ▶ Heel-Toe Crawls
- ▶ Side Steps
- ▶ Heel-Toe Crawls
- ▶ Side Steps
- ▶ Windshield Wipers
- ▶ Windshield Wipers
- ▶ Grapevine Right
- ▶ Squat
- ▶ Grapevine Left
- ▶ Squat

<https://www.youtube.com/watch?v=XR31kqdFoUI>

# 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)

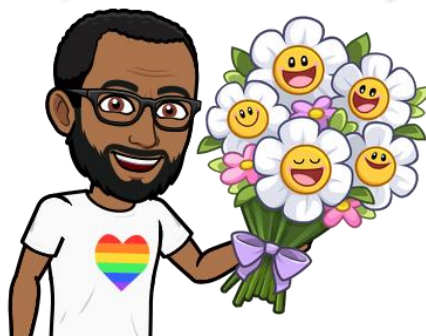
**Transition**  
(move to face the next wall)





- JAMIE WRIGHT
- [JAMIE.WRIGHT@FRCO.K12.VA.US](mailto:JAMIE.WRIGHT@FRCO.K12.VA.US)
- @MRJDUB23

THANK YOU!



- ▶ Stevie Ray Gray
- ▶ [srgray1@Henrico.k12.va.us](mailto:srgray1@Henrico.k12.va.us)
- ▶ @RayGrayPE