Improvisational Sports Dance

Music:  *Twilight Zone – Sports Mix* CD, performed by the Starlite Singers

**Introduction:** Show a few pictures of sport actions or video clips of athletes in action during a game. Talk about how much effort the athlete must use to execute the skill or action shown; how they concentrate & movement qualities.

**Progression 1:** Ready Position: Ask students to think of 3 different ready positions in any sport and to hold each position for 8 counts. Sequence the 3 ready positions. Emphasize making quick transitions into each ready position shape.

Questions: Ask students if they think their ready position is believable. Are their muscles tight? If you said “Go” would they really be ready to go?

**Progression 2:** Slow Motion Sport Action: Ask students to think of a sport skill from any sport. Have them perform the skill as realistic as possible with the appropriate amount of energy and intensity. Have students perform the sport skill in slow motion for 16 counts. Exaggerate the movement and make it bigger than real life.

**Progression 3:** Pitching: Ask students to imagine they are pitching a baseball. Pitch a ball using the left or right hand for 8 counts; total of 4 pitches.

**Progression 4:** Quick Feet: Students will combine a series of sports movements emphasizing athletic agility & speed.

- Foot Fires – imagine a football player fast jogging in place for 8 counts
- Basketball Shuffle – moving right 4 counts, then left 4 counts
- Faking Out – imagine an offensive player in basketball moving quickly forward for 2 counts & back for 2 counts; then repeat.

**Progression 5:** Jump Rope: Ask students to imagine jumping rope; Jump rope 8 times for 8 counts.

**Progression 6:** Jump Shot: Ask students to imagine taking a jump shot; Shoot 4 times for 8 counts.

**Progression 7:** Culminating Touch-Down Dance: Have students think of what movements they would do after making a touchdown. Students may perform this progression by themselves or in small groups. No counts associated with this progression; all students freeze when their movements are finished.

**Final Progression:** Performance: Select ½ of the group to perform while ½ of the group observes or completes a peer assessment. Then reverse roles.

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**Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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Susan Toth
Eastern District Middle School TOY
2013
## Improvisational Sports Dance

<table>
<thead>
<tr>
<th>Level</th>
<th>Criteria</th>
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| **Advanced**| **Always:**  
  Performs movements to the rhythm of the music  
  Performs steps with timing and style  
  Changes from one movement to the next with no hesitation  
  Synchronizes movements with partner or group  
  Demonstrates coordination |
| **Proficient**| **Usually or Sometimes:**  
  Performs movements to the rhythm of the music  
  Performs steps with timing and style  
  Changes from one movement to the next with no hesitation  
  Synchronizes movements with partner or group  
  Demonstrates coordination |
| **Limited** | **Rarely or Never:**  
  Performs movements to the rhythm of the music  
  Performs steps with timing and style  
  Changes from one movement to the next with no hesitation  
  Synchronizes movements with partner or group  
  Demonstrates coordination |

### Student Performance Chart

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Create 3 Ready Positions with sharp transitions</th>
<th>Perform slow motion sports action in 16 counts</th>
<th>Performs Quick Feet progression in time with the music</th>
<th>Synchronizes movement while executing a Touch-Down Dance</th>
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