

## **Dance Instruction in Elementary School PE**

### **The Purpose of Dance**

- 1) Ability to use their bodies to express feelings and attitudes about themselves and others.
- 2) A sense of self-satisfaction that can be derived from effectively using ones body as an instrument of expression.
- 3) Enjoyment and appreciation of dance as a worthwhile experience for all, not just a few.
- 4) An appreciation of dance as an art medium that can have value for both the participant and the spectator.
- 5) The ability to interpret and move to different rhythms.

### **The Dance Lesson**

#### **Warm Up**

- 1) Do warm up movements that relate to the tasks to be performed in the dance to be taught
- 2) Include whole body movements, locomotion and gestures

#### **Development Section**

- 1) Teach the individual skills or steps for the dance
- 2) Teach one step or a small series of steps (part 1 of dance)
- 3) Practice this series of steps in part 1 without music and then with music
- 4) Teach the steps to part 2 of the dance
- 5) Then combine part 1 and part 2 together without music and then with music
- 6) Slowly add parts of the dance using this format until the whole dance is taught
- 7) Think carefully about which way you face as you teach the steps (if you face front then you need to do things on the opposite side so the students will do them on the correct side)
- 8) Typically it is best to teach first without music (maybe counting the beats) and then practice to music with the teacher leading
- 9) Gradually fade the teacher lead until students can perform by their self
- 10) Put your best students at the front of class for role models for other students

#### **Culminating Dance**

- 1) Students practice dance in parts and entirety
- 2) Goals for a dance unit may ask students to perform 2-4 cycles of the dance
- 3) As students practice work on giving feedback to refine movements
- 4) Use self, peer, and teacher feedback to refine and assess dance steps

## **Forms of Dance – George Graham’s Classification**

- 1) Rhythmic experiences
- 2) Folk, ethnic or square dances
- 3) Creative dance

## **Forms of Dances – Other Classification System**

- 1) **Organized Forms of Dance** – steps are predetermined
  - a. Folk dances
  - b. Line dancing
  - c. Square dancing
  - d. Cultural forms of dancing
  - e. Social dance
- 2) **Recreational Forms of Dance** – dance that is performed recreationally
  - a. Floor aerobic dancing
  - b. Step aerobics
  - c. Kickboxing
  - d. Social
- 3) **Creative Dance**
  - a. To music - Move like a.....leaf....firework.....bird.....cloud.....etc.
  - b. To a made up story (you tell the story or add on story)
  - c. To a real story they are reading in class.
  - d. To a historical story.
  - e. To a theme.
  - f. Sport creation dances.
  - g. To movement themes.

## **Design of a Creative Dance**

- 1) Select purpose, idea or theme of dance
- 2) Identify the appropriate movements or movement concepts to express the intended idea, attitude, feeling or theme
- 3) Design a powerful opening statement for the dance
- 4) Design a series of actions rising to a climax
- 5) Design the portion of the dance that is to be the peak of the action
- 6) Design a resolution or concluding statement of the dance

## **Aerobic Dance**

- 1) March – knees high
- 2) March wide - wide legs and high knees
- 3) Out-out-in-in – 2 steps out and 2 steps in
- 4) Heels front – tap heel front, switch to other side
- 5) Toes Back – tap toe behind body, switch to other side
- 6) Toes side – tap toes side
- 7) Grape vine (step, behind, step, side tap or knee)
- 8) Double grape (2 grape vines together)
- 9) Double grape with hop turn in the middle
- 10) Walk it - 1,2,3, tap - forwards & backwards
- 11) Slide
- 12) Hamstring curl
- 13) Side knees
- 14) Pony (1,2,3 pause)
- 15) Repeater knees
- 16) Step lunges
- 17) Mumbo

## **Kick Boxing Aerobics**

- 1) Upper cut (punch up, elbows by side)
- 2) Jab (punch forward)
- 3) Cross (right arm punches across body to left, left arm does opposite)
- 4) Hook (arm punches from side to middle)
- 5) Kicks - front, side, back
- 6) Wrist roll (roll wrists in circular motion like punching on a ball)

## **Student Activity**

- 1) Teacher lead steps and movements – freestyle
- 2) Teacher leads steps and movements - choreographed
- 3) Circle time – all people in a circle and one person goes into the middle and does some steps, rest of circle copies, they exit circle and tap someone to enter the circle to do some different steps
- 4) Teams of students – add on game – 1<sup>st</sup> person does a step, next person does the step and then adds on their own step, etc
- 5) Teams of students choreograph a routine with 8, 8-count sequences of steps using different types of steps – perform routine to other group and teach them the routine

## **Dance Resources**

- 1) Chimes of Dunkirk (book & CD)
  - a. West Music, [www.westmusic.com](http://www.westmusic.com)
- 2) Listen to the mockingbird (book & CD)
  - a. West Music, [www.westmusic.com](http://www.westmusic.com)
- 3) Ms. Rebecca's Family Dance Book
  - a. [www.msrebecca@earthlink.net](http://www.msrebecca@earthlink.net)
- 4) PE Central has a wide range of dances with a variety of levels
- 5) Tinikling –
  - a. [www.ecsrd.ab.ca/st.marguerite/tinikling/basicsteps.htm](http://www.ecsrd.ab.ca/st.marguerite/tinikling/basicsteps.htm)
  - b. [www.likha.org/galleries/tinikling.asp](http://www.likha.org/galleries/tinikling.asp)