

Physical Education Dance Unit

Students are currently exploring dance in Physical Education. The students have learned the following dances in PE class: The Bunny Hop, The Hokey Pokey and The Mexican Hat Dance. Students should complete the warm-up exercise routine and then practice 1 of the following dances to equal 1 Physical Education session.

Warm Up Routine: Students will perform the following exercises...

1. 10 jumping Jacks
2. 10 squats
3. 10 push-ups
4. 10 frog jumps
5. 10 crab dips
6. Jump up and down 10 times
7. 10 toe touches
8. Jog in place and count to 10

Bunny Hop Dance

Music:

<https://www.youtube.com/watch?v=4UwOa3agq2w>

Video Demonstration:

<https://www.youtube.com/watch?v=EmC1KyxhEJU>

Steps to the Bunny Hop Dance

1. Place your right foot out to the side, but don't put your weight on it, then bring it back next to your left foot. Repeat this action a second time.
2. Place your left foot out to the side, but don't put your weight on it, then bring it back next to your right foot. Repeat this action a second time.
3. Now take a small hop forwards, and pause for one beat.
4. Then hop backwards, and pause for one beat.
5. Lastly, take three successive hops forwards, without pausing in between.
6. Repeat from step 1.

Hokey Pokey Dance

Music:

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

Video Demonstration:

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

How To Instructions:

1. **Stand in a circle with the other dancers.** This dance is traditionally done with everyone standing in a circle, with enough space between each person so that people can move around without bumping into one another. You should have about an arm's length between you and the people on either side of you.
2. **Put your right foot in.** As the first lyrics go, "*You put your right foot in*". Simply place that right foot out in front of you and let it hang a few inches from the floor or just move it out in front of you and point your foot on the floor. You can keep

your hands on your hips or at your sides. Most people like to sing the song along with doing the motions, so you can join the singing!

3. **Put your right foot out.** As the next lyrics go, "*You put your right foot out.*" Just take that foot and move it back to its starting position, next to your other foot.
4. **Put your right foot in and shake it all about.** As the next words go, "*You put your right foot in and you shake it all about.*" Now, just put that right foot in again and shake it back and forth, up and down, or however you'd like to shake it. Just make sure to keep your balance!
5. **Do the hokey pokey and turn yourself around.** As the next lyrics go, "*You do the hokey pokey and you turn yourself around...*" Now, you can just place each arm out and up at your sides at a ninety degree angle, point the fingers of both hands and wiggle them up and down as you turn yourself around.
6. **Clap at the lyrics, "*That's what it's all about!*"** After you're done turning yourself around, just clap once or twice at these lyrics.

Congratulations! You've done one full cycle of the hokey pokey—now, you'll repeat these same motions with different parts of your body until the song is over.

Mexican Hat Dance

Music: https://www.youtube.com/watch?v=_q8CEOpVSZU

Video Demonstration: <https://www.youtube.com/watch?v=p31IF-hY9u0>

<https://www.youtube.com/watch?v=qvRRvMw9-fg>

Mexican Hat Dance Steps

You can perform the Mexican Hat Dance either by yourself or with a friend. All you need is to be able to count to four and follow a basic rhythm. Start by standing with your feet together and your arms relaxed at your sides.

Step One

Fold your left arm across your stomach and set your right elbow on your left hand so that your writing hand is palm opened to the audience. Move your right hand back and forth as you put your right heel out in front.

Step Two

Reverse step one, so that your right arm rests across the stomach with your left elbow on your right hand. Again, wave your left hand back and forth as your left heel goes out in front of you.

Step Three

Repeat step one.

Step Four

On count 4, clap twice very quickly. You then repeat these four steps seven times. If you are using traditional Mexican Hat Dance music, you will hear the music change after you have completed seven steps of what is described above. At the music change, clap four times and then raise your arms up in the air, exclaiming "olé!" for extra fun and expression.

The music will then restart, so you will repeat it all, going faster each time. If you choose to have many partners dance at once, all of the dancers can come together at the end to make a complete circle and sidestep in an agreed-upon direction until the music's over. Mexican Hat Dance steps are very energetic and a great way to have young students burn off some energy and bring some laughter into an otherwise humdrum day.

Physical Education Yoga

Students will explore yoga poses at home. First complete the Physical Education warm-up routine then practice the listed yoga poses. I have also included links and websites with fun yoga workouts students can follow along to at home .

1. Physical Education Warm-up Routine

Students will perform the following exercises:

1. 10 jumping Jacks
2. 10 squats
3. 10 push-ups
4. 10 frog jumps
5. 10 crab dips
6. Jump up and down 10 times
7. 10 toe touches
8. Jog in place and count to 10

2. YOGA PRACTICE:

Students can choose from the following links below and following along with the Cosmic Kids Yoga video **OR** students can practice the yoga poses on the following page.

Yoga Links :

Cosmic Kids “Frozen” themed yoga: <https://www.youtube.com/watch?v=xlg052EKMtk>

Cosmic Kids “Trolls” themed yoga: <https://www.youtube.com/watch?v=U9Q6FKF12Qs>

Cosmic Kids “Minecraft” themed yoga: <https://www.youtube.com/watch?v=02E1468SdHg>

Cosmic Kids “Star Wars” themed yoga: <https://www.youtube.com/watch?v=BEPxPkQY6V8>

Cosmic Kids “Harry Potter ” themed yoga: <https://www.youtube.com/watch?v=R-BS87NTV5I>

Yoga Safety

Yoga is a great way for people to become more flexible and practice balance. It’s also a great way to help children to be more calm, manage big emotions, and feel strong. Children should be wearing comfortable clothing that allows them to move and be flexible. All movements are slow and controlled. In Physical Education we always talk about moving our bodies safely, having good balance (not falling down) and staying in our personal space. All movements should be done in your child’s own comfort zone. Safely modify poses as needed so that children are not forcing a stretch. Remember to breathe and have fun! For added fun turn on some relaxing spa music and enjoy the activity with your child. Namaste !

YOGA POSES: Practice the following Yoga poses with your child. The following poses are from the article:
18 Yoga Poses for Kids, and Why You Should Start Them Early by Michele Laufik | Sep. 10, 2019
<https://www.purewow.com/family/yoga-poses-for-kids>



1. TABLETOP POSE



2. CAT AND COW POSES



3. STANDING FORWARD BEND



4. EASY POSE



5. WARRIOR II POSE



6. DOWNWARD-FACING DOG POSE



7. THREE-LEGGED DOG POSE



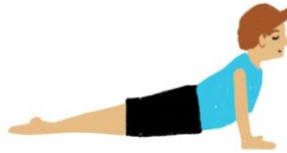
8. BOAT POSE



9. BRIDGE POSE



10. TREE POSE



11. COBRA POSE