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PHYSICAL EDUCATION

DANCE UNIT

Ms. Holness



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Objective:

- The objective of this unit is to expose students to dance movements that will aid in developing and enhancing physical fitness in a fun way. Dance movement can promote good health and self-esteem.
- Students will explore dances from around the world in this unit.
- In this unit students will be doing the following dances- A Simple Dance, The Bunny Hop Dance, The Mexican Hat Dance, Tarantella, Conga Dance and the hokey Pokey.
- They will also get a chance to dance contemporary beats that are also age-appropriate.

Warm-Up:

- As with all physical activities a warm- up is important to prevent injuries and increase blood flow to the brain and muscles. Student should complete the warm- up routines before practicing the dances.
- Warm-Up Routine:
- Go to the link below by typing in browser on YouTube and follow the dance routine to warm up.
- <http://www.youtube.com/watch?v=swUGtEpazY>

Bunny Hop Dance - Week 1

- The bunny hop is a very simple, 'conga' style dance that can be a good ice-breaker at parties. The Bunny Hop was choreographed in 1952, at the Balboa High School in San Francisco; it has appeared since in the film 'Cry Baby'. Some scholars of dance have suggested that it is derived from a Finnish folk dance, the Jenka Music:
- Usually the Ray Anthony Big Band "Bunny Hop" Steps: All line up in a conga, hands on the shoulders of the person in front (the front person has 'rabbit hands'). 1 Tap R foot out to R (or, for more style, tap the heel and turn the foot out, on each tap out)

Dance Routine

- Touch your right foot out to the right and back in place (home). Repeat 2x for 4 counts
- Touch your left foot out to the left and back in place (home). Repeat 2x for 4 counts
- Jump/hop forward 1x, keeping both feet together (2 counts).
- Jump/hop backward 1x (2 counts).
- Jump/hop forward 3x (4 counts)
- Repeat from the start.



Conga



Mexican Hat Dance Week 2

- The Mexican Hat Dance is the national dance of Mexico. It's a folk dance. All school children in Mexico performs this dance. You can do this dance by yourself or with a friend. Th some steps are very energetic and a great way to burn calories/energy and have fun
- Video demonstration: To learn the steps type URL in your browser and follow along.
<https://www.youtube.com/watch?v=p31lF-hY9u0>
- To view the video of young children doing the traditional dance in Mexico, type the URL in your browser and click play to watch video.
- <https://www.youtube.com/watch?v=qvRRvMw9-fg>

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- First learn and practice the basic steps 1 at a time without music.
- Then put it together with the music

Dance Routine

Part 1

- Jump and tap each heel forward 3 times (R, L, R; then clap 2x quickly)
- Repeat heels and claps for total of 8 counts

Part 2

- Skip around to the right for 8 counts
- Skip around to the left for 8 counts
- Repeat both directions

Part 3

- Repeat parts 1 and 2 using the music.
- Continue repeating the steps in the order until music ends.
- If you are using traditional Mexican Hat Dance music, the music will change after you have completed 8 steps. (the music will cue you when to clap etc.)

The Conga Dance Week 3



- The Conga Dance is a folk dance which is said to be brought from Africa by slaves to Cuba and the sugar plantations of the West Indies which had been danced there for years.
- Video Demonstration: To learn the steps type the URL below in your browser and follow along
- https://www.youtube.com/watch?v=hDFOs1u43_E&t=4s
- **Music:** <https://www.youtube.com/watch?v=aozF6Ph-uDU>
- We will and practice 1 step at a time without the music first then we will put it together with the music.

Dance Routine



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- Part 1
- Walk forward 3 steps (R, L, R)
- On the 4th step, slide your left foot out to the left side.
- Walk forward 3 steps (L, R, L)
- On the 4th step, slide the right foot out to the right side
- Part 2
- Add the music to the steps

Tarantella Dance -Week 4

- Video Demonstration: To learn the steps type the URL below in your browser and follow along
- <https://www.youtube.com/watch?v=9eef7ENpmO8>
- Part 1
- Skip counterclockwise while tapping beanbag with free hand (16 counts) Skip clockwise while tapping beanbag with free hand (16 counts)
- Part 2
- Touch R heel front (2 counts), touch R toe back (2 counts)
- Turn counterclockwise in circle by yourself, shaking beanbag (4 counts) Touch L heel front (2 counts), touch L toe back (2 counts)
- Turn clockwise in circle by yourself, shaking beanbag (4 counts)



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- Part 3
- Do the following 4X: Tap R knee with beanbag, then tap beanbag overhead with free hand (8 counts)
- Do the following 4X: Tap L knee with beanbag, then tap beanbag overhead with free hand (8 counts)
- Repeat Part 3 for a total of 2X (32 counts)
- Repeat from start to end of song
- To learn the steps, type the URL below in your browser and follow along.

Funky Town -Week 5

- To listen to the music, type the URL in the browser and follow the steps to do the dance

Music: <https://www.youtube.com/watch?v=s36eQwgPNSE>

Dance Step Cue:

- Step to the right 2x times then tap with the left foot 1x
- Step to the left 2x then tap with your right foot 1x
- Repeat above 6 more times
- March in place (while closing fingers) 16x. The music will cue you with the verse “Just talk about it” for the march in place
- Slap knees 4x then clap 4x



Cont'd

- Slap knees 4x then clap 4x

Grapevines

- Grapevine to the right then Grapevine the left
- Repeat 8x

Shimmy

- Shimmy forward 2 counts
- Shimmy backward 2 counts
- Repeat 8x

Walk around

- 8x clockwise
- 8x counter-clockwise

Cont'd

Do the Twist

- Twist 4x going down
- Twist 4x coming up

Grapevine 8

Jump Song Dance- Week 6

To Listen to the music, go to Youtube, type Christopher "Zondaflex" Tyler Jump
To learn the steps go to You-tube, type Elementary PE Dance-Jump Dance and follow along

Dance Routine

Part 1

1. Right leg to the side (stomp Right and jump)..left leg to the side (stomp Left and jump)
2. Cross your arms real tight- cross arms and bounce
3. Arms up real high-Arms up and hands wave side to side up high
4. Repeat 1-3
5. Roll to the front- speedbag and step up forward 4x
6. Roll to the back- speedbag backwards and step backward 4x

Cont'd

Part 2

7. Pancake –Right hand out, left hand out FLIP the right and Rotate hands back and forth

8. Rollerblade-Side Step and wave over your head- switch back and forth

a. Step right, step left, step right, step left

9. Snake with it- Hands together like a snake and dip side to side like a Cobra

A, Step right, step left, step right, step left

Cont'd

10. Legs Shake It- Shake knees and hands back and forth inside outside

11. Wave With It- make a wave with left hand to the right and then right to the left 2x

REPEAT ENTIRE DANCE ONE TIME THROUGH

REPEAT Steps 1-4 at the end