

HOT HOT HOT

Written by: Jim DeLine

STUDENT TARGETS

- ✔ **Fitness:** I will follow along with the Movement Leader, warm-up my muscles, and prepare for PE class.

TEACHING CUES

- ✔ Choose an Exercise or Dance Move that is Safe
- ✔ Follow the Movement Leader. Copy Their Movements.

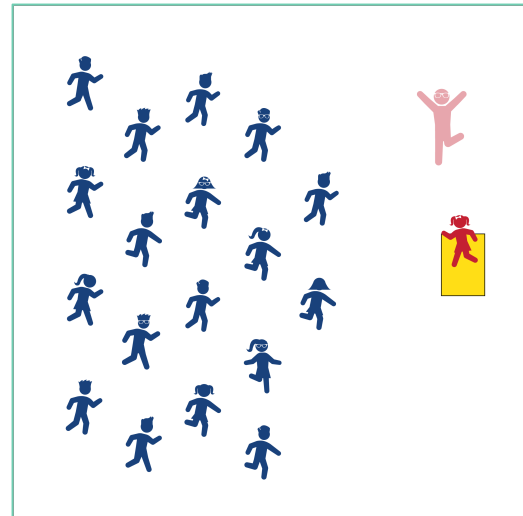
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ Music: *Hot Hot Hot*, by Buster Poindexter & His Banshees of Blues ([iTunes Link](#))
- ✔ Small “stage,” (e.g., 2 folded mats side-by-side)
- ✔ 1 poly spot per student

Set-Up:

1. Scatter students, each with a poly spot to mark their space. Or, have them stand in file formation on permanent spots already marked.
2. Create a small stage in front of the class (2 folded gymnastic mats side-by-side work well).



Activity Procedures:

1. Today’s Instant Activity is called Hot, Hot, Hot! If you want to be the Movement Leader raise your hand when I ask, “Who’s feeling hot hot hot?”
2. Together we will ask the Movement Leader, “What you got got got?”
3. The Movement Leader hustles to the stage, and leads the class in a safe exercise or dance move for 15-20 seconds. The rest of us copy the movement.
4. After 15-20 seconds, I’ll ask everyone to tell our Movement Leader they are, “Hot Hot Hot!” For example, “Tell Kurt he’s Hot Hot Hot!” Respond back together, “You’re Hot Hot Hot!”
5. I’ll ask again, “Who’s feeling Hot Hot Hot?” Raise your hand, and the class will ask you to, “What you got got got?” It’s okay if you don’t want to be the Movement Leader, but everyone should try the exercise move that the Movement Leader is doing.

Grade Level Progression:

- ✔ **K – 2nd Grade:** The Movement Leader actively pantomimes a sports skill or activity and the class has to guess what they are doing (dribbling a ball, jumping rope, etc.).
- ✔ **3rd – 5th Grade:** Give students time to create dance moves or exercises in pairs (this is a great station activity). In the next round of Hot Hot Hot, call pairs to be Movement Leaders.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [S3]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction and practice (2); Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What is a leader?
- ✔ **DOK 2:** What did you notice about a particular leader’s movement or dance move?
- ✔ **DOK 3:** How could you change their exercise or move and create your own?