

TROLLS SEPTEMBER

STUDENT TARGETS

- ✔ **Fitness:** I will actively engage by following all movement cues for this dance.

TEACHING CUES

- ✔ Follow Along with Dancers
- ✔ Follow Teacher's Cues
- ✔ Find and Follow the Beat of the Music

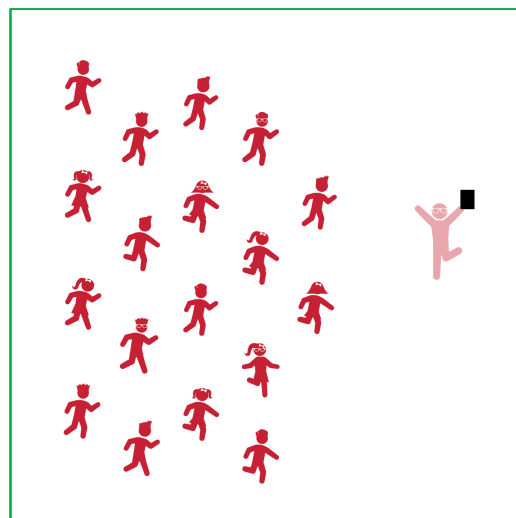
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ Music Player
- ✔ *September* by Justin Timberlake and Anna Kendrick (available on [iTunes](#) and [YouTube](#))
- ✔ Trolls September Activity Card

Set-Up:

1. Scatter students in self-space throughout the activity area.
2. Be sure students have enough space to dance safely.



Activity Procedures:

1. This dance was created with fun choreography meant to warm up the whole body.
2. Follow along with my movements (and/or movements being projected on the screen). Find and stay with the beat of the song and try to remember the sequence of the dance movements.
3. Teachers: use Trolls September Activity Card to teach the choreography of this dance.

Grade Level Progression:

- 3rd: Have students follow along with your movements, or the movements being projected on the screen.
- 4th: Student begin to perform the movements with their own style.
- 5th: Once students have mastered this dance, have them create and perform their own “supercharged” movements.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E3.3-5]** 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 dance movements did we use to perform this dance?
- ✔ **DOK 2:** Can you explain how the music affected how you felt once it started to play?
- ✔ **DOK 3:** How are the dance movements related to the beat and tempo of the music?