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* **Cognitive:** I will discuss the fact that the song we danced to is made up of many 8-counts put together.
* Follow Teacher’s Cues
* Find and Follow the Beat of the Music

**Equipment:**

* Music Player
* *What Makes You Beautiful* by One Direction (Available via [iTunes](https://itunes.apple.com/gb/album/what-makes-you-beautiful-single/id452514272) or [YouTube](https://www.youtube.com/watch?v=CjPc8RVJ0Dc)) or any song with a strong, steady beat

**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. Today we are going to dance to a fun song to warm up our bodies and practice counting to the music.
2. When I start the music, we will all count out loud together. Count with me: “1, 2, 3, 4, 5, 6, 7, 8!” (Teachers, allow the music to play for a short time until the students get the hang of counting.)
3. Next, have students march in place for 8 counts, stepping right on the beat. Then, jump in place for 8 counts, landing right on the beat. Continue to alternate between marching/jumping for 8 counts each, counting out loud the whole time. Next, allow students to move through space as they march/jump.
4. After the song ends, discuss the way the whole song was made up of lots of 8-counts put together.

**Grade Level Progression:**

**K-2:** Perform the activity as described above.

**3-5:** Increase the number of movements from 2 to 4, using the Counting in 8’s Activity Card for movement ideas. Then, take it one step further by introducing the concept that most songs are also composed of *phrases* of music: sets of four 8-counts strung together.

* **DOK 1:** Can you describe the pattern of movements we used in this dance activity?
* **DOK 3:** What did you notice about the way the music fit together with us counting to 8?
* **DOK 4:** Do you think the way the music fits together with 8-counts can help us learn other dances? If so, how?

* **Standard 3 [E4.3-5]** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity (3); Demonstrates warm-up and cool-down relative to the cardio-respiratory fitness assessment (4); Identifies the need for warm-up and cool-down relative to various physical activities (5).