

OPENPhysEd.org
Elementary Dance Party
94th Annual TAHPERD Convention
Fort Worth Convention Center
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Access all of the K-2 and 3-5 modules here for FREE:

http://openphysed.org/curriculum_resources/physical_education_modules/dance-k2

http://openphysed.org/curriculum_resources/dance-35

What is OPEN?

- The Online Physical Education Network
- Rigorous Outcome-Based Backward Designed Curriculum Project that targets SHAPE America's National Standards & Grade-Level Outcomes.
- A public service of US Games
- FREE (and always will be)

OPEN Includes...

- Module Overview
- Materials List
- Sample Lesson Plan
- Academic Language Cards
- Activity Plans
- Station Cards
- Student Assessments
- Teacher Reflection Guide

Sweat Trophies

- When we work hard during physical activity our bodies sweat. Those locations of sweat are trophies.
- The best sweat trophies are the drops of sweat that drip down your nose.
- DON'T wipe them off...Fling them off!

Solo Celebrations for Others and Self	Descriptions
Empowering Power Point	<ul style="list-style-type: none"> + Extend pointer fingers toward person receiving the celebration (thumbs if celebrating yourself). + Bring elbow back and then with force point toward the person being celebrated and say 'AAAAHOO'.
Window Frame	<ul style="list-style-type: none"> + With pointer fingers start where the top middle of the frame would be (around your forehead). + Trace the top of the frame, then the sides and then the bottom of the imaginary frame each side saying "Whoop" (Trace the sides of your face - forehead, cheeks, chin). + Immediately after tracing the frame, make circles with your hands like you are holding binoculars. Look through your 'hand binoculars' and say "OOOOO". + If celebrating yourself put one of your hands on each cheek like "Home Alone" and say "OOOOO" to finish the celebration.
ARumba Bumba Bumba	<ul style="list-style-type: none"> + Put your hands above your head and with bent elbows move your hands and hips from side to side while saying the name of the person being celebrated to this chant: "Name, Name, RUMBA Bumba Bumba!" + When celebrating yourself just say: "ME ME ARUMBA BUMBA BUMBA!"
Fireworks	<ul style="list-style-type: none"> + Clap your hands together by your belly button (the fireworks have exploded from their canister). + Keep your hands pressed together and whistle as you snake your hands upwards (imitating the ascent of the firework). + When you reach your head make an exploding sound (Boom, Pow, etc.) and have your hands separate apart. + Slowly twinkle your fingers downward imitating the falling ash and say "Ooooo Aaaaah" (to imitate the reaction of the crowd below).
Partner Celebrations for Others	Descriptions
Seattle "Pike Place" Fish Shake	<ul style="list-style-type: none"> + Extend your right hand toward a partner so you can celebrate each other. + Extend your hand past their hand and wrist and stop when you get around their forearm. + There, each partner will gently slap their hand back and forth on their partner's forearm, imitating the flopping of a fish out of water saying "You're FIShtastic!"
'Cook the Burger' Cheer	<ul style="list-style-type: none"> + Take an imaginary burger patty (can be a veggie burger) and place it in between your hands. 2. Turn your hands to the side and move the top hand forward and back on top of the bottom hand saying "Sizzle Sizzle Sizzle". 3. Lift the top hand slightly off the bottom hand and peak between your two hands and say "Not done yet" 4. Repeat steps 2 and 3 twice + On the third "Sizzle Sizzle Sizzle" lift your top hand from your bottom hand and with a surprised and excited tone say "Ah, Well Done!"
Logger Cheer (make sure to plant more trees than you cut down)	<ul style="list-style-type: none"> + Have one partner extend their hand making a 'thumbs-up'. + Have the other partner close their hand around the first partner's thumb and make a 'thumbs-up' with that hand. + Have the first partner then close their hand around the second partner's thumb and make a 'thumbs-up' + Have the second partner close their hand around the first partner's thumb and make a 'thumbs-up'. + This hand formation now becomes our 'saw'. Have the partners move their hands up and down together 3 times as if cutting down a tree. * Always remind participants to plant more trees than they cut down. + Have participants keep their hand formation and squat down 5 times to 'plant seeds of a tree' in the ground

Additonal Cheers	Descriptions
Hip Hip Hooray	+ Put left hand on your left hip and say "Hip". + Put your right hand on your right hip and say "Hip". + Pick up both hands into the air and say "HOORAY"!
You are Fabulous!	+ Point and say "YOU!" + Point with the other hand and say "ARE!" + Enthusiastically wave both hands and say "FABULOUS!!"
Whoop Whoop Jazz Hands	+ Put your hands above your head and 'Raise the Roof' as you say "Whoop! Whoop!" + Bring each hand down on each side in an arc shaking your hands and fingers saying "Jazz Handsss!"
Top shelf	+ Point with one hand and say, "You.....". + Point with the other hand and say, "ARE...". + Reach high with one hand and say "TOP....". + Jump high in the air with both hands and holler, "SHELF!"

* Special contribution credits to Jim DeLine, Mike Smith and Mike Martinez

Dances we Rocked!!!

- Dancin' Train (3-5)
- Moving 8's (K-5)
- Space Jam (3-5)
- Virginia Reel (3-5)
- Hip Hop Virginia Reel (3-5)
- Sitting Square Dance (K-2)
- The Goldfish Dance (K-2)
- Kinderpolka (K-5)

Access to all Activity Cards for free on OPENPhyzed.org

List of Songs

Name of the Song	Artist
CAN'T STOP THE FEELING!	Justin Timberlake
Celebrate	Pitbull
C'mon n' Ride It	Quad City DJ's
Cotton Eye Joe	The Hit Crew
Good Feeling	Flo Rida
Kinderpolka	Denise Gagne & Carmen Bryant
Space Jam	Quan City DJ's
The Goldfish	The Laurie Berkner Band
The Way You Make Me Feel	Michael Jackson
Virginia Reel	Wongawillo
Waka Waka	Shakira

My Friends,

We have a tremendous, awesome responsibility every day to be our best and teach our students how to live healthy, active, happy lifestyles and to be physically literate. There will be tough days of course, and on those days we will do a dance, take a deep breath and choose a positive attitude. Too often adults discourage questions and say 'No'. But just like we practiced in The Kinderpolka, the biggest gift we can give our students, each other and ourselves is the gift of incorrigible positivity and encouragement. Keep up the amazing work you are doing, for I know you are making a difference in the lives of your students by teaching in this profession. I encourage you to keep seeking and creating new games, activities, concepts and meet with new and old colleagues. Stay well and let's continue to learn together, empower and inspire each other and ROCK THE HOUSE each and every day we walk into our classrooms. Life is a musical, you are the star, live it! You are AWESOME!!!

Keep up the great work Texas AHPERD Superheroes!!!

Stay in touch and don't hesitate to reach out with questions, thoughts or a hello!

Sizzle Sizzle Sizzle Well Done!

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