

## TRIANGLE DANCE

Adapted by Brandon Herwick and Rich Wiles from activity instructions by Justin Cahill

### STUDENT TARGETS

- **Skill:** I will perform dance movements with the beat and tempo of the music.
- **Personal & Social Responsibility:** I will cooperate with my classmates to learn and perform the dance.

### TEACHING CUES

- Move Safely
- Work Cooperatively
- Find Your Energy

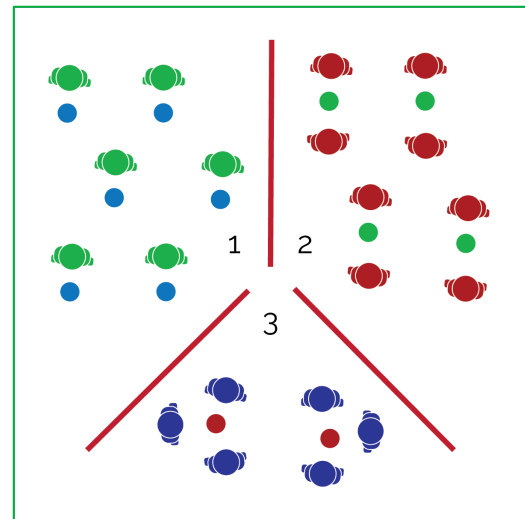
### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- Music Player
- Video Tutorial by Jedd Austin ([YouTube](#))
- Song with moderate tempo (80-100 bpm)
- 1 poly spot for each student or Floormarx
- Optional: tempo-modifying app such as Tempo Slow (available on the App Store)

**Set-Up:**

1. Students spread out behind a spot marker or Floormarx spot in general space.
2. Teach the 3 sequences using tutorial video and Triangle Dance Activity Card.
3. Students practice and then progress to working with a partner, then groups of 3.



**Activity Procedures:**

1. This is an incredibly fun dance activity that uses forward and back jumping sequences to improve teamwork, increase cardiorespiratory endurance, and boost brain power!
2. We will practice each progression using the Triangle Dance Activity Card.
3. Remember to keep your head up and eyes forward, encourage each other, start slow and try the extra challenges as you get more confident with this dance.
4. Teachers, teach the movements using the Triangle Dance Activity Card. Then add music!

**Progression/Extension:**

- Add the additional “2.0 Challenges” listed in the Grade 6-12 Activity Card.

STANDARDS & OUTCOMES ADDRESSED

- **Standard 1 [E5.3-5]** Performs teacher-selected and developmentally appropriate dance steps and movement patterns (3); Combines locomotor movement patterns and dance steps to create and perform an original dance (4); Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern (5).
- **Standard 4 [E4.3-5]** Works cooperatively with others (3a); Accepts players of all skill levels into the physical activity (4b); Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects (5).

DEBRIEF QUESTIONS

- **DOK 1:** What does cooperation look like in a Triangle Dance performance?
- **DOK 2:** How does cooperation affect a dance performance? How does it affect enjoyment?