

FIST PUMP JUMP JUMP

STUDENT TARGETS

- **Skill:** I will keep in time with the music and perform the steps without hesitation.
- **Cognitive:** I will perform the order and sequence of the dance by memory.
- **Fitness:** I will actively engage by following all movement cues for this dance.
- **Personal & Social Responsibility:** I will demonstrate perseverance and share the dance space with those around me.

TEACHING CUES

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

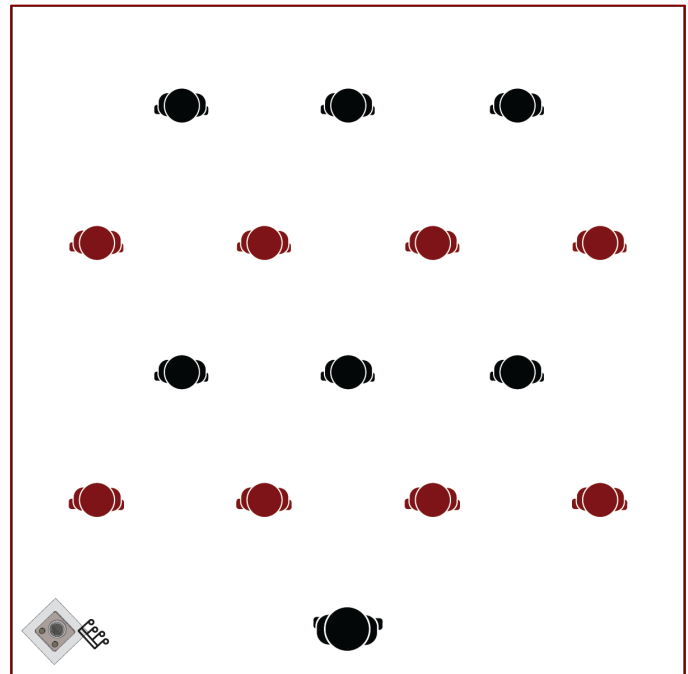
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Music Player
- *Fist Pump Jump Jump* by Ying Yang Twins feat. Greg Tecoz ([iTunes](#); [YouTube](#))
- Fist Pump Jump Jump Activity Card
- Fist Pump Jump Jump Video [YouTube](#)

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 choreography that is meant to be fun and warm up the whole body.
2. It was created by a group of physical education teachers from across the United States who love to dance and want to motivate students and other teachers to dance along with them.
3. 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.
4. Teachers: Use the Fist Pump Jump Jump Activity Card to teach the choreography of this dance. It may be helpful to teach one section at a time, practicing as a class first without music and then with music. Once each section is mastered, add a new section until the class has learned the entire dance.

Grade Level Progression:

- 6th: Students perform this dance by following the movements led by the teacher or video.
 7th: Students perform this dance from memory without being led by teacher or video.
 8th: Students perform this dance facing a partner, maintaining their movement integrity.

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CHALLENGE PROGRESSIONS

- Provide alternative movements for students who have different movement abilities.
- Find a song with a slower tempo or use a tempo-modifying app to slow the beat.

ACADEMIC LANGUAGE

Action, Beat, Choreography, Cues, Dance, 8 Count

STANDARDS & OUTCOMES ADDRESSED

- **Standard 1 [M1.6-8]** Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line, or world dance (6); Demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line, and world dance (7); Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group (8).
- **Standard 2 [M12.6-8]** Varies application of force during dance or gymnastic activities (6); Identifies and applies Newton’s laws of motion to various dance or movement activities (7); Describes and applies mechanical advantage(s) for a variety of movement patterns (8).
- **Standard 4 [M1.6-8]** Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors (6); Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates (7); Accepts responsibility for improving one’s own levels of physical activity and fitness (8).

DEBRIEF QUESTIONS

- **DOK 1:** What dance movements did we use for Fist Pump Jump Jump?
- **DOK 2:** How are the movements of each of the video’s dancers similar or different?
- **DOK 3:** How did you do while performing this dance? What can you do to feel better about your performance?
- **DOK 4:** How would you change the movements of this dance to better suit your experience level? To make the dance more or less aerobic?

TEACHING STRATEGY FOCUS

Dance Strategy: For some students, this dance will provide a challenge. Introduce and teach the choreography early in the module’s block plan. Then, reinforce student learning by using this dance as your instant activity. By the end of the module, students will be able to demonstrate this dance as a movement showcase of motor learning and personal perseverance.