



NYC ROLL CALL

STUDENT TARGETS

- **Skill:** I will perform movements with the beat and tempo of the music.
- **Cognitive:** I will perform the order and sequence of the routine by memory.
- **Fitness:** I will increase and sustain my heart rate for the duration of the routine.
- **Social/Emotional:** I will demonstrate safe movement patterns and self-control in my actions.

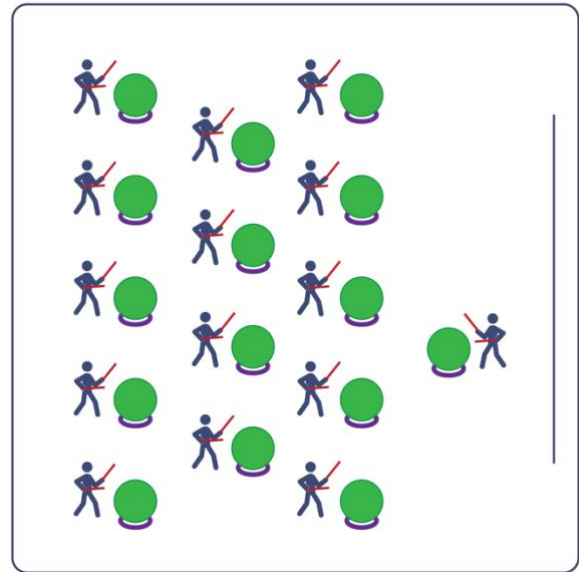
EQUIPMENT & SET-UP

Equipment:

- Computer or tablet to play video
- Projector and screen (or wall to project on)
- Exercise ball for each student
- Large deck rings (for each exercise ball to sit on)
- Drumsticks, Lummi sticks, or pool noodles for each student
- NYC Roll Call Routine Card
- Video: *NYC Roll Call Rhythm Fit Routine* ([YouTube](#))

Set-Up:

- Arrange exercise balls (on large deck rings) in rows, with enough space for all students to move in a full circle around their exercise ball.
- Have technology set up to project the video for students (with sound).



ACTIVITY PROCEDURES

1. This activity is a Rhythm Fit routine called NYC Roll Call.
2. The object of this routine is to focus on having the courage to try new things and enthusiasm for fun and engaging ways to move.
3. When the video begins, you will follow along working to perform movements with the beat and tempo of the music.
4. Teachers: you can teach the movement sequences using the routine card prior to playing the video.

GRADE LEVEL PROGRESSION

- **Grades K-2:** Try this activity with students sitting on the floor, using pool noodles (instead of drumsticks/Lummi sticks) and spot markers on the floor in front of them (instead of an exercise ball).
- **Grades 3-5:** Perform the activity as described above.
- **Grades 6-8:** Choose a few students to be in the front of the class to help demonstrate the routine and call out the sequences/counts from the routine card.

TEACHING CUES

- **Cue 1:** Listen and count with the beat of the music.
- **Cue 2:** Use equipment safely.
- **Cue 3:** If you get lost, jump back in on the next movement.



NYC Roll Call (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Provide modified movements or equipment to make sure the activity is inclusive for all.
- **UDL 2:** Provide noise canceling headphones to reduce the volume of noise the equipment will make.
- **UDL 3:** Display the routine sequence card.

ACADEMIC LANGUAGE

Rhythm, Tempo, Sequence, Courage, Enthusiasm

PRIORITY OUTCOMES

Movement Concepts:

- Safely moves demonstrating a variety of relationships with people and objects.

Personal Enjoyment:

- Explains the relationship between self-expression and lifelong enjoyment of physical activity.

Personal Responsibility & Safety:

- Follows directions for safe participation and proper use of equipment without reminders.

DEBRIEF QUESTIONS

Cognitive Question Set:

- **DOK 1:** Can you remember some of the sequences and cues for this routine?
- **DOK 2:** What did you notice about the sequence of choreography for this routine?
- **DOK 3:** Since the movements follow the same order every time, how could you know when to do the next movement if the teacher did not call it out for you?

Social & Emotional Question Set:

- **DOK 1:** What does it mean to have courage?
- **DOK 2:** Describe one positive thing that has happened as a result from you having courage.
- **DOK 3:** What might have happened if you hadn't acted courageously?