



## MOVE WITH WORDS

### STUDENT TARGETS

- **Skill:** I will move with the beat and tempo of the music.
- **Fitness:** I will stay actively engaged throughout the activity in order to increase my heart rate.
- **Responsible Behaviors:** I will discuss why leadership is important when working within a group.

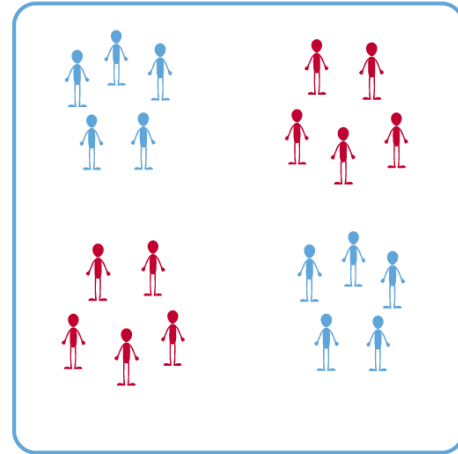
### EQUIPMENT & SET-UP

#### Equipment:

- Music and music player (any song with a strong, steady beat)
- Movement Cards
- Brainstorming Page

#### Set-Up:

1. Divide students into groups of 4–5.
2. Scatter groups throughout the activity area.
3. Be sure that students have enough space to move safely.



### ACTIVITY PROCEDURES

1. Today we're going to focus on demonstrating leadership during an activity called Move with Words. Sometimes you get to be the leader within your group, and sometimes your classmates get to be the leaders. Whether you are working as the leader, or are following the leader, we all have to recognize our role and be respectful to our classmates.
2. The object is for your group to combine 8-count movements into a routine. You will each be handed a movement card. You'll then be responsible for creating your own 8-count movement using that card.  
*Teachers: Introduce the music and count the 8-count out loud to help groups understand the beat.*
3. Next, you'll join your group and work together to create a routine by combining each of your 8-count movements. You will be given time to practice together and then connect the movements to music. At the end of the activity, each group will present their choreography to the rest of the class. You will have the opportunity to see if you can identify the words from the group's movement cards.
4. You get to demonstrate leadership while working with your groupmates to combine your movements into a routine, and also by being a respectful and encouraging audience while other groups are presenting their choreography.

### GRADE LEVEL PROGRESSION

**Level 1:** Play as described above, but without presenting each group's routine to the class.

**Level 2:** Challenge groups to teach their routine to the rest of the class.

### ACADEMIC LANGUAGE

Leadership, Movement, Etiquette, Tempo

### PRIORITY OUTCOMES

#### Etiquette:

Applies rules and etiquette by acting as an official for modified physical activities/games or creating dance routines within a given set of parameters.

### DEBRIEF QUESTIONS

**DOK 1:** How would you describe someone who is a leader?

**DOK 2:** How did you or one of your groupmates demonstrate leadership during this activity?