

## RHYTHMS AND DANCE UNIT

**OBJECTIVES:** To participate and experience a variety of skills, dances, and routines for students to develop and enhance rhythm, coordination, creativity, and social skills while performing to various types of music. Whether the dance or rhythm is new or a modification of a traditional favorite, get ready for your children to get pumped up with this exciting and challenging unit.

**PAPER PLATE SKILLS:** Any upbeat music that your students love moving to.

**EQUIPMENT:** 2 paper plates per child

### **DIRECTIONS:**

- Randomly scatter paper plates around the gym.
- Instruct students to get 2 paper plates, find their own personal space, and stand on their plates
- Then demonstrate the following cues.

### **SKILL CUES:**

#### **I. Stationary or Non-locomotor Skills:**

**Boxing:** Punch up and down or forward.

**Shake:** Shake right, left, up, or down.

**Tap:** Tap body parts that are called out. **Call out a muscle name to tap.**

**Clap:** Use the paper plates to clap with.

**Scrape:** Scrape up and scrape down. (Do the Monkey)

**Wax on Wax off:** Take turns brushing your feet in circles.

**Twist:** Twist up high and down low on the plates.

**Scissors:** While standing in place slide one foot forward and one foot backward in an alternating, continuous motion.

**X-ercise:** While standing in place slide both feet apart then cross (X) your feet as you bring them back in.

**Jumping Jacks:** Place a plate under each foot and perform jumping jacks.

**Curly Shuffle:** Get into push-up position and place one hand on a plate. Now run in circles while turning on the plate.

**Fan:** Fan yourself—fan a friend

**Spin out:** While standing in place spin on one plate. How many circles can you make before stopping?

**Sit N' Spin:** sit on your plate and spin yourself as many times while lifting your feet off the ground.

## **II. Locomotor Skills:**

**Balancing Act:** balance your plates anyway you want to.

**Flying:** flap your wings and skip, hop, run, etc. around the room.

**Belly Stick:** place your plates on your belly and run fast enough to keep them there.

**Skating Forward:** pretend you are roller blading forward.

**Skating backward or Moonwalking:** Pretend you are roller blading backwards or moon walking like Michael Jackson.

**Slide-step:** Slide-step right then together with the left and so on. Now go to your left.

**Scooter:** While standing, place the front foot on a plate and push yourself forward with the back foot. Hold the other plate in both hands and pretend to steer your car.

**Snowplow:** Place both hands on the plates and push forward with your feet.

**Row Boat:** Sit on one plate and place both feet out front of you and place them on the other plate. Now pull your feet in close to your body while scooting your bottom towards your feet.

**Walrus or Crab Walking:** Get into push-up position and place both feet on the plates. Now push forward or backwards (easiest) with your hands while sliding on your feet. Get into push-up position and place both knees on the plates. Now walk around the room on your hands, while sliding on your knees.

## **Partner Skills:**

**Skier:** One student will stand on both plates and their partner will pull them around the room.

**Ambulance:** One student will sit on both plates and hold the plates while their partner pulls them around the room by their feet.

**3-Legged Race:** Partners will stand side by side with three plates on the ground. Both inside feet are on one plate and each student's outside foot is on one plate. Now work together by sliding and walking around the room.

**Couple Skate:** One partner will skate forward and the other partner will skate backwards, while they hold hands.

- **Now make up your own paper plate skill. Make sure to watch your students during this time. They may show you a new skill to add to the list.**
- **Randomly call out the different skill cues above when the music is playing. Remember there is no particular order. Call out the individual skills or combine these skills into a paper plate routine.**