# Grade 5 HPE Dance Lesson

| Introduction/Goals |
| --- |
| - *Explore Movement*<br>- *Develop Confidence in movement and dance*<br>    - - may be uncomfortable for lots of us<br>- *Body Awareness*<br>    - Awareness in our space, awareness of our body and how it feels<br>    - What shape is your body taking - how can we use this to express ourselves?<br>    - Listen to the music and adapt our movements to match the elements of the music such as beat, tempo |

| Dynamic Stretches - Check in with your body! Discomfort? MODIFY! | |
| --- | --- |
| **WHY?** | - Loosen joints and muscles we may need - allows them to move smoothly - don't want stiff dancers!<br>- Improves coordination by connecting our brains (nerves) to ours muscles |
| Shoulder rolls | 10 seconds forward, 10 seconds back |
| Ankle Rolls | 10 seconds each way, each foot |
| Leg kicks | 5 sideways, 5 forward for each leg |
| Hip Circles | 10 seconds each direction |

| Warm-Up - Freeze Dance |
| --- |
| **Reason:**<br>- Gradually increase our heart rate<br>- Get more comfortable moving our bodies and performing dance moves (get ideas?) |
| **Activity:**<br>- Music will play<br>- Try to match tempo and beat<br>- Don't Stop moving unless FREEZE is called out |

| |
|---|
| **Group Game - Stuck in the Mud, a game of tag** |
| **How to play:**<br>- When a student is tagged, they must stop running and create a dance move. They must keep repeating that dance move until another student comes to free them. |
| **How can they be freed?**<br><br>- A tagged student is freed when an untagged peer mirrors their dance move for 5 seconds. |
| **Rules:**<br>- Students cannot repeat the same dance move each time they're tagged.<br>- If tagged again, they must create a new, different move. |
| **Level Up:**<br>- Increase number of taggers<br>- Add complexity to dance moves: multi-step, low and high in space |

- Establish who to make it
- Establish stop when music stops and freeze - like the warm up!
- Switch up who is it - figure out how to show who's it
- Add complexity
- Decide how long to run game

| |
|---|
| **Cool Down Activities** - check in again! Is anything sore? What areas need some extra love? |
| **WHY**<br>- Decrease our heart rate and core body temp - take deep breaths<br>- Stretches out muscle groups and releases tension<br>- Reduce stiffness and feeling sore<br>- Improves our flexibility for more dancing |
| 1. Kneeling Reach<br>Kneel down on the floor and then put your chest to your knees with your arms outstretched in front of you. |
| 2. Spinal Stretch<br>Lay on your back and pull your knees to your chest by putting your hands and arms behind your knees. |

**Reflection with Group**

1) Did you become more comfortable over time with your movements?

2) When asked to be aware of your body, were there parts of your body that were stiffer to move? Did they loosen?

3) Was it hard to mirror movements during the game?

4) Did you have a hard time following the movements as the difficulty increased?

5) If we asked you to come up with a dance in groups today, how would this activity help?