



PE/Health Virtual Learning

# 6th Grade/ Dance

May 20th, 2020



6th Grade/Physical Education  
Lesson: [May 20th, 2020]

**Objective/Learning Target:**

**Essential Question/ Objective:** How can I improve my coordination through dancing?

**Learning Target:** LT1- I can identify critical elements to improve performance in selected skills.

\*Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line or world dance. (S1.M1.6)



## Warm-Ups

### **Let's Get Started:**

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of burpees--[Burpees](#)
2. 10 second break
3. 20 seconds of plank--[Planks](#)
4. 10 second break
5. 20 seconds of line jumps-[Line Jump Example](#)
6. 10 second break
7. 20 seconds of russian twist--[Russian twist](#)



## Warm-Ups Continued

Cardiorespiratory Endurance-

Jog around neighborhood/track/park or in place for 10 minutes.



**Essential Question/ Objective:** How can I improve my coordination through dancing?



## Practice:

Click on the link below, watch the dance, and then try to mimic the movements.

[Cha Cha Challenge Dance](#)

## Cues:

--Below are a list of the moves associated with the Cha Cha Challenge Dance.

- 1) Right foot out and back-CHA CHA CHA to the right - Left foot out and back-CHA CHA Cha to the left
- 2) Swish Clap low-CHA CHA CHA (shimmy shoulders)-Swish Clap high-CHA CHA CHA (shimmy shoulders)
- 3) Jumping Jacks-CHA CHA CHA (jogging)-Jumping Jacks-CHA CHA CHA (jogging)
- 4) Chest Pop Right-CHA CHA CHA-Chest Pop Left-CHA CHA CHA REPEAT Chest Pop



## Practice:

Watch the dance moves and try to mimic the movements.

## I Like To Move IT, Move IT!

## Cues:

1-8 Grapevine Right; Grapevine Left-----1-16 Sidestep right squat; Sidestep left squat (Each squat is 4 counts) Repeat

R and L squats for a total of 16 counts-----1-8 Back step right (1-2); Back step Left (3-4); Back step Right (5-6); Back step Left(7-8)

1-8 Jump Forward (8x) Each jump is 1 count-----1-8 4 Jumping Jacks to back or front wall or even in a circle, as demonstrated in the video.

Each jack is 2 counts-----1-8 March in Place (x 8)----Repeat until song is over.



## Challenge Yourself:

1. Work on performing both dances--learn the moves and record yourself performing the dances.
2. Try to incorporate different movement patterns to make the song more difficult to perform.
3. Have fun--get your family up and moving as well! Have a competition in your household to see who is the best dancer.





## **Self Assessment:**

- 1. How does dance help with coordination?**
- 2. Is dancing an aerobic or anaerobic exercise?**
- 3. How does dance build confidence?**