

## Lesson 2 of 6

# Disco

### EQUIPMENT

disco music » music player » hoops (one per student) » disco steps handout

## Warm It Up

### MIRROR MIRROR

Provide each student with a hoop and instruct them to stand inside of their hoop facing a partner. When the music begins, one partner will lead while the other is the mirror image and copies the movements of the leader. Students must face each other and stay inside their hoop at all times, although they could choose to pick up their hoop and carry it while moving through the activity area. Movements should be at high, medium and low levels, and be both fast and slow to ensure all parts of the body are warmed up and ready to disco dance. Stop the music frequently and have partners change roles.

### ABCD's of Physical Education



### RELATED RESOURCES

- EAS Recipe Card Lesson Plans (First Edition K-3, 4-6), [www.everactive.org](http://www.everactive.org)



### Safety First!

See Safety Guidelines pages 19-22 and 55.



Activity	
Basic Skills	
Application of Basic Skills	A2-8

### Clues that students are achieving the outcome...

"Students will demonstrate basic dance steps and movement; e.g., creative, folk, line, sequence and novelty, alone and with others, by using elements of effort, space and relationship" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can perform several 8-count disco dance steps
- Students can move in time with the music



# Whoop It Up

## DISCO COMBO FEVER

Let's keep dancing! Turn on the music, instruct students to find a personal space in front of you and clap hands to the beat of the music. Remind students of the names of the 3 disco steps learned in lesson 1 (roll, disco duck and hustle). Review by performing each step slowly and then more quickly to the beat of the music and progress to performing each move in succession as a combo. Invite many different students to perform the steps with you at the front of the class, a few at a time. Tell students they will learn four more disco dance steps and lead them through disco step 4 – **John Travolta** » Stand with feet apart, lift left heel and turn toe and knee inward while reaching up to the sky with right hand on count 1, turn toe and knee slightly out while reaching straight down on count 2, repeat for 8 counts then switch sides. Practice, then introduce disco step 5 – **Hips and Rolls** » Stand with feet shoulder width apart and move right hip out to the side on count 1 and then in on count 2, repeat for 8-counts while rolling one fist over the other, repeat on left side. Practice and dance in combination with disco steps 1-4 before continuing with disco step 6 – **Out In** » Stand with feet apart, extend arms straight out to the sides on count 1, cross arms down in front of the body on count 2 while touching the left foot to the right. Repeat by stepping left foot to the side and extending arms on count 3 and touching right foot to left while crossing arms on count 4. Practice, then introduce disco step 7 – **The One That I Want** » Step forward with right foot on count 1, forward with left foot on count 2, back with right foot on count 3 and back with left foot on count 4, move hips forward when stepping forward and back when stepping back. Repeat for 8-counts holding hands flat over hip bones, thumbs at waist. Encourage students to perform each step with energy and style. As a large group, choose 4 disco steps and dance them in sequence to the beat of the music.



### Safety First!

See Safety Guidelines pages 19-22 and 55.



## Wrap It Up

### SELF EVALUATION

Ask students to show you with thumbs up, down or sideways how well they felt they danced the disco steps. Then ask them to show you how well they felt they danced to the beat of the music. Explain that in the next class students will choose 3-4 disco steps to put together and dance as a sequence in small groups. Provide a handout with the names, descriptions and pictures of each dance step for students to take home and practice with their families.