

Lesson 3 of 6

Disco

EQUIPMENT

disco music » music player

Warm It Up

CIRCLE REVIEW

Lead students in a review of the seven disco steps learned in previous lessons by standing at the front of the group and dancing each move slowly and then more quickly in time with the music. Create one large circle (or several smaller circles), call out the name of a disco step and dance the step together as a group 4-5 times in a row. Invite students to jump into the centre of the circle to dance when the name of their favourite step is called.

ABCD's of Physical Education



RELATED RESOURCES

- P.E. Universe: A Space for Physical Educators website, www.peuniverse.com



Safety First!

See Safety Guidelines pages 19-22 and 55.



Cooperation

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Communication	C1-1
Fair Play	
Leadership	
Teamwork	

Clues that students are achieving the outcome...

"Students will develop and demonstrate respectful communication skills appropriate to context" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can respectfully articulate their thoughts and ideas when developing a dance sequence
- Students can listen to and consider the ideas of others



Whoop It Up

GROUP DISCO COMBINATIONS

Ask students to stand beside one partner. Match two pairs together to form groups of 4. Instruct groups to choose 3 or 4 disco dance steps and put them together in a sequence that ends with a pose held for five or more seconds. Alternately, provide groups with pre-arranged sequences (pictorial) to learn with their group. Encourage students to add their own style to each dance step and to dance with lots of energy. Acknowledge that working in a group can sometimes be challenging. Students will need to listen to each other's ideas and find a way to create a sequence that all group members are comfortable dancing. Provide time for students to practice while circulating and offering feedback and assistance.



Safety First!

See Safety Guidelines pages 19-22 and 55.



Wrap It Up

GROUP DISCO PERFORMANCES

Invite each group to perform their disco dance for the class or have half of the class perform their dance while the other half watches, then switch roles. Remind students that respectful communication is important in small groups, but also as a large group. Watching each performance, congratulating the dancers, and sharing positive comments is expected.