

Lesson 4 of 6

Rhythm and Folk Dance

EQUIPMENT

music; “Burning Love” by Travis Tritt, “Build Me Up Buttercup” by The Foundations » music player » wireless microphone (optional)

Warm It Up

CRAZY GRAPES

Explain that students will have an opportunity to practice the grapevine step previously learned (refer to lesson 3) and to demonstrate the step with increased accuracy, timing, and creativity. Groups of 3-4 students stand in a personal space in the activity area and participate in a peer-led review of the grapevine step. Play upbeat music with a 4-count beat and challenge students to grapevine to the beat of the music, to incorporate kicks, stomps or claps, and to dance in a straight line and circle formation. Change the music after a few minutes to provide a new beat. An alternative is to ask 2-3 students to lead the rest of the class in a review of the grapevine.

ABCD's of Physical Education



RELATED RESOURCES

- Phys Ed Source website, www.physedsources.com



Safety First!

2008 Safety Guidelines page 49.



Activity	
Basic Skills	
Application of Basic Skills	A6-8

Clues that students are achieving the outcome...

“Students will demonstrate and refine a variety of dances; e.g., creative, folk, line, square and novelty, alone and with others” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate the grapevine with increased accuracy and timing.
- Students can incorporate kicks, turns, and claps into the dances.
- Students can incorporate the grapevine step into a new dance.



Whoop It Up

BLACK BOOTS MOVING

Instruct students to stand scattered throughout the activity area, all facing the same direction. Demonstrate and lead students through the Black Boots Moving dance:

First 8 counts: grapevine step to the right (4 counts) and then the grapevine step to the left (4 counts).

Second 8 counts: step forward on right foot, brush with left (2 counts); step forward on left foot, brush with right (2 counts); schottische step (run forward right, left, right, and on count 4 hop on right foot with left knee up; on the hop, turn $\frac{1}{4}$ turn to the right) (4 counts).

Last 4 counts: step backwards left, right, left, and touch right foot beside left on count 4. Repeat the sequence, with students facing a new wall at the end of each sequence, until the song is over. Ultimately, the entire sequence is performed 4 separate times so that the students complete a 4 full rotations of the activity area. Consider dancing in 2 groups that start facing each other, or in 4 groups, each starting in a quadrant of the activity area. When students are able to demonstrate the dance steps, introduce a faster song and encourage students to incorporate their own unique twists, turns, and hand actions.



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Activity

Wrap It Up

MIRROR MY BOOTS

In partners, have the students face one another to perform the Black Boots Moving dance. Participate if there is an uneven number of students. Play a new song and encourage students to dance as individuals but to keep an eye on their partner. The challenge is to perfectly match the timing of the steps with the beat of the music and their partner. Switch partners after 2 full rotations and repeat the process.