

Name/Title: Fitness Dance

Purpose of Event: To increase heart rates and to be able to explain the importance of aerobic activity.

Prerequisites: Review the following exercises: jogging in place, jumping jacks, jumping in place, knee bends, toe touches (hamstring stretch), arm circles, knee slaps (holding your hands in front of your belly and lifting one leg at a time until your knee touches your hands. You may also add cross lateral movement by having the students touch the opposite hand to knee, e.g. R hand to L knee) and bicycle rides (lying on the back, lift legs up and move them as if riding a bike), overhead arm stretches.

Suggested Grade Level: K-2

Recommended music: Today's Gonna Be A Great Day - the theme song to Phineas & Ferb

Beginning dance formation: Have students scattered throughout the general space.

Description of Idea

This is a fast song. Use the vocal cues to switch the activities.

Stand still like a statue during the introduction (There's a hundred and four days of summer vacation...)

Jog in place (32 counts, 32 jogs) Starting at "Building a rocket" and switching after "giving a monkey a shower."

Jump in place (32 counts, 16 jumps) Starting at "Surfing tidal waves and switching after "driving your sister insane."

Chorus:

Overhead arm stretches (56 counts 28x lifting both arms at the same time or alternate arms, 14 times on each side) Starting at "This could possibly be the best day ever and switching at "and let's make sure that in every single possible way."

Stand still, point and sing with the song "Today's Gonna Be A Great Day!"

8 counts to rest and get ready for:

Jumping Jacks (32 counts, 16x) Starting at "Crossing the tundra" and switching after "synchronizing submarines."

Arm Circles (32 counts - 16x) Starting at "Racing chariots" and switching after "wailing away on guitars."

Repeat Chorus

Overhead arm stretches (56 counts, either alternating arms, 14 stretches on each side, or lifting arms simultaneously 28x) Starting at "This could possibly be the best day ever" and switching after "and let's make sure that in every single possible way."

Stand still, point and sing with the song "Today's Gonna Be A Great Day!"

8 counts to rest and get ready for:

Knee Slaps (48 counts, 24 slower knee lifts or 48 fast) Starting at guitar play and switching after "but I know Mom will understand."

Knee bends (32 counts, 16x) Starting at "Pushing at some flowers" and switching after "now here we go."

8 counts to rest and get ready for:

Toe Touches (bending over touch toes and then come up and touch waist) (56 counts, touch toes and waist 14x) Starting at "This could possibly be" and switching after "every single possible way."

8 counts to go down to the floor and:

Bicycle Rides (32 counts, 16x) Starting at "Seriously, this is going to be great" and continuing until the end of the song.

Teaching Suggestions:

Have each student check his/her heart rate before starting the dancing. Check it again after the dance. Ask the students if they think their hearts are beating faster or slower?

Introduce the word "aerobic" and tell students two or three positive reasons for engaging in aerobic exercise.

Submitted by **Lee Morgeson** who teaches at Glasscock Elementary in Lebanon, KY. Thanks for contributing to PE Central! **Posted on PEC: 9/3/2011.**

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