Name/Title: Yoga Ball Bash

Purpose of Event: To perform a 48 count circle dance continuously while using equipment.

Prerequisites:

Prior practice performing with rhythm sticks
Prior practice performing line or circle dances
Prior knowledge of an 8 count and how to create an original 8 count movement.

Suggested Grade Level: 6-8

Materials Needed:

2 rhythms sticks per student
1 stability ball per student
1 or more aerobic step risers per student. If risers are not available 5 gallon buckets may be used.

Recommended music: Black Eyed Peas I Gotta Feeling

Beginning dance formation: One large circle with students spaced far enough apart to travel around their own stability ball.

Dance source: The idea for this dance came from looking at the website http;//drums-alive.com

Description of Idea

Yoga Ball Bash 48 count dance

Step 1 Center Tap-8 counts- Tap center of the ball simultaneoulsy with both stick than tap sticks together in front of chest(repeat four times to equal 8 counts)

Step 2 Double Hit-8 counts- Tap right side of ball 2x's with sticks simultaneously than left side of ball 2x's with sticks simultaneously(repeat twice to equal 8 counts)

Step 3 Low Overhead-8 counts- Tap both sides of ball simultneously then tap sticks overhead; resembles a jumping jack (repeat 4 times to equal 8 counts)

Step 4 Grapevine- 8 counts -step behind step together R tap top of ball next to you than step behind step together leftand tap top of your ball

Step 5 Single Tap Around- 8 counts- single tap the top of your ball while walking around the ball

Step 6 Freestyle 8 counts - Create your own 8 counts with your sticks while moving to the

stability ball to the right

Repeat Dance until the end of the song

Variations:

To make this dance more of a workout encourage the students to squat while performing some of the moves.

Assessment Ideas:

You can videotape the dance and then use a rubric to score each individual student in the following categories: rhythmc ability, execution, and expression.

Adaptations for Students with Disabilities:

Change the last 8 counts of the dance by having the students create an 8 count at their own stability ball so students with limited mobility do not have to travel.

Submitted by **Kathleen Johnson** who teaches at Rhode Island College in Providence, RI. Thanks for contributing to PE Central! **Posted on PEC: 1/28/2012**.

Visit S&S Discount for all your physical education equipment and supplies!