Name/Title: Bleacher Dance – Adding to School Spirit (March 2012)

Purpose of Event: * To introduce the concept of "bleacher dances" to physical education classes. * To create a school wide spirit dance that can be performed during time-outs and half-time at school athletic events.

Suggested Grade Level: 6-12

Materials Needed: Upbeat music that can be played by the school jazz band or played on the school PA system.

Recommended music: Some suggestions might be "Rolling in the Deep" by Adele, the Kids Bop version of "Forget You" by Cee Lo Green, "Dynamite" by Taio Cruz, "I Got a Feeling" by the Black Eyed Peas, or "I Like to Move It" from Kids Dance Party CD.

Beginning dance formation: The students should be spread out on the gym floor or the dance could be taught on the bleachers, if they are available.

Description of Idea

This dance is mostly about arms and turns so being on the right or left foot is not as important as doing the arm movements and moving the upper body with the music.

There are 2 sets of movements with each set containing 32 counts. All of the songs listed have a brief introduction (approximately 8-32 counts) or music. Movement begins with the vocals.

Counts, Movements and Cues:
1-8 Staying in place, step RLRL, clap on count 4. Repeat stepping RLRL clapping on count 8.
** Cues: Walk and clap. Walk and clap.

1-8 With R fist on middle of chest and R elbow extended to the side move the R elbow 2x toward the back. (1-2) Replace the L fist in the middle of the chest with L elbow out and move the L elbow 2x toward the back. (3-4). Keeping elbows up, move elbow to the back RLRL (5,6,7,8)
** Cues: 2 right -2 left-right, left, right, left

1-8 Step R touch L foot next to R – Snap on the touch (1-2). Step L touch R foot next to L – Snap on the touch (3-4). Circle the arms over the head to the R for 4 counts (5,6,7,8). The upper body should sway with this circle to add to the movement. It you feel that you have enough room on the bleachers, add a 3 step turn to the R (make one full turn by stepping RLR and touch L foot next to the R) to go along with the arms circle.
** Cues: Step snap Step snap Circle arms.

1-8 Repeat the second step beginning by moving to the L – Step L touch R next to L – Snap on the touch (1-2). Step R touch L next to R – Snap on the touch (3-4) Circle the arms over the

head to the L for 4 counts (5,6,7,8). The upper body should sway with this circle to add to the movement. It you feel that you have enough room on the bleachers, add a 3 step turn to the L (make one full turn by stepping LRL and touch R foot next to the L) to go along with the arms circle.
** Cues: Step snap Step snap Circle arms.

1-16 With knees flexed extend R arm to the front and move the entire arm and body to the RLRL as if you were driving a car with one hand (1,2,3,4). Jump or turn ¼ turn to R and clap. (5-6) Jump or turn ¼ turn to the R and clap, now facing to the back (7-8). Jump or turn ¼ turn to the R and clap (1-2). Jump or turn ¼ turn to the R, now facing front again (3-4). Extend L arm and move arm and entire body to the LRLR as if you were driving a car with one hand (5,6,7,8)
** Cues: Drive 1,2,3,4 – jump clap-jump clap-jump clap-jump-clap – Drive 5,6,7,8

1-16 Starting at the R side of the classroom, ask students to begin the movements of the "wave". It is a wave that should take 8 counts to get across the class and 8 counts to get back. The movement of the arms should begin down low at the R side of the body and move in a circle from this position to over the head and end down low at the L side of the body. Students will move as soon as the person next to them has raised his/her arms over the head. The movement will reverse for the last 8 counts, beginning on the L side of the class and moving to the R.
** Cue this portion of the dance by just moving across the room as the wave progresses so that students know when to lift arms.

The dance will then begin again.

Variations:

The dance can be performed as a classroom dance, as well as a "bleacher dance." It could also be used as a rhythmic warm-up for the beginning of class.

Assessment Ideas:

Challenge students to be able to repeat the rhythmic patterns of the dance with no mistakes, emphasizing rhythm and correct arm movements.

Teaching Suggestions:

Nothing shows school spirit like fans in the stands supporting their teams. This dance is one that can be shared with the student body and everyone can move to the music during time-outs, half-time, etc.

Encourage students to bounce, sway and generally move with the beat of the music.

Remember this is a dance where upper body movement is very important.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 4/25/2012**.

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