Name/Title: Celebrating Halloween with the Purple People Eaters (October 2012)

Purpose of Event: To introduce a simple dance using basic locomotor skills and rhythmical movement.

Suggested Grade Level: K-4

Materials Needed: CD player, I-pod, or other method of playing music

Recommended music: "Purple People Eater" by Sheb Wooley. (The song finishes with the word "tequila," so consider stopping the music before that is said or cut the music if you do not want to include the word.)

Beginning dance formation: This dance can be done in a large circle or scattered around the gym floor.

Description of Idea

This dance has a combination that is repeated for each chorus. Each verse uses a basic locomotor skill. Each verse and chorus is 32 counts. The dance begins with the verse 1 combination. The introduction consists of some spooky sounds and 4 counts of music. The movement begins with the singing.

Counts, Movements and Cues:

Chorus combination: This is done when the song says "It was a one-eyed, one-horn flying purple people eater…"

Counts:
1-2 - With feet slightly apart and knees straight, bend over and stretch the hamstrings (One-eyed).
3-4 – Stand up and place hands on the waist (One-horned).
5-8 – Reach over the head and wave the hands in the sky (flying purple people eater).
Repeat this 3 more times for a total of 32 counts.

Verse 1: This is 32 counts – March and step/touch
1-8 March to the front RLRL (1-4) and march back RLRL (5-8).
1-8 Step R foot to the side and touch L toe next to the R foot (1-2), Step L foot to the side and touch R toe next to the L foot (3-4). Repeat for counts 5-8 or a total of 4 step touches.
Repeat the marches and step touches one more time for a total of 32 counts.

The chorus steps are repeated.

Verse 2: This is 32 counts – Jumps (each jump is 2 counts)
1-8 Jump front (1-2), jump back to original spot (3-4), jump back (5-6), jump front to original

spot (7-8).
1-8 Jump to the R (1-2), jump back to the original spot (3-4), jump to the L (5-6), jump back to the original spot (7-8).
Repeat both jumping sequences one more time for a total of 32 counts.

The chorus steps are repeated.

Verse 3: This is 32 counts – Skips forward and backwards. (Each skip is 2 counts)
1-8 Skip R forward (1-2), skip L forward (3-4), skip R backwards (5-6), skip L backwards (7-8).
Repeat this pattern 3 more times for a total of 32 counts.

The chorus steps are repeated.

Verse 4: This is 32 counts of slides or plies. (Each movement is 2 counts)
1-8 Step wide to the R in a squat or plié, bring L foot in (1-2). Repeat this movement (3-4).
Step wide to the L in a squat or plié, bring R foot in (5-6). Repeat this movement (7-8).
Repeat this pattern 3 more times for a total of 32 counts.

The chorus steps are repeated.

Verse 4: This is 32 counts of hops. (Each hop is one count.)
1-8 4 hops of the R foot (1-4), 4 hops on the L foot (5-8).
Repeat this pattern 3 more times for a total of 32 counts.

The song finishes with music. Repeat the chorus steps 4 more times.

Assessment Ideas:

If the class has discussed the effects of exercise/movement on the heart rate, ask the students to feel their heart beat before and after the dance and discuss how much faster their heart is beating after performing the dance.

The students could be asked to create their own movements at the end of the dance when the music is playing and substitute this movement for the final chorus movement.

Teaching Suggestions:

Consider doing the dance with partners. Perform the chorus movements 2x and ask students to scatter and find a new partner during the next 16 counts. This should be done after the class knows all of the movements to the verses.

Adaptations for Students with Disabilities:

It is possible to change the movements so they are simpler to perform. For instance, instead of jumping in a pattern, ask the students to just jump in place. The skips can be changed to be 8 forward and 8 backwards, instead of changing directions so often.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 10/2/2012**.

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