

**Name/Title:** Team Building and Rhythms Dance

**Purpose of Event:** To incorporate team building concepts and use these concepts and ideas to construct a rhythmic activity.

**Prerequisites:** The student should be introduced to the concepts of team building. The teacher can ask them to define “team building” (a wide range of problem solving activities that can be used to motivate team members and increase the proficiency/performance of a team), to list characteristics of good team members (good listening skills, open minded, willing to accept any roll for the good of the team, enthusiastic, etc.), and to discuss the importance of team work.

**Suggested Grade Level:** 3-8

**Materials Needed:** One ball (e.g., basketball, playground ball, etc.) to bounce per student.

**Recommended music:** Eye of the Tiger by Survivor

**Beginning dance formation:** Students are divided into groups of approximately 6-8 per group.

### Description of Idea

After dividing the students into groups, give each student a basketball with one ball “marked” so that it can be determined when this ball gets back to its starting spot.

Student groups can be arranged in a circle back to back, in a circle facing forward or even side by side in lines. The video shows students arranged in a circle back to back. The group arrangement can be decided by the teacher.

The challenge is that the balls must be dribbled around the group as quickly as possible. Each group member must touch each basketball as it goes around the circle, down the line etc. Allow students a fixed amount of time to come up with what they think will work the best and will help their team perform the best. Emphasize cooperation and rhythm as they work to develop a plan to solve the challenge. Additional challenges can also be added, such as not allowing talking or only using one hand, etc.

After each group has come up with a solution and practiced, a performance of all groups can be used to determine who has created the best rhythmic solution to the challenge. Consider filming each group and watching the videos.

After completing this activity, the groups can then be challenged to work together to create a dance that uses team building skills (listening, focusing, working for a good outcome etc.), ball handling skills and rhythm to create a dance. The dance must be 4 sets of movements with each set being 8 counts. Each person in the group must contribute a set of 8. The group can then decide how they want to put the dance together and what movements they want to use in their

choreography.

### **Dances Shown on the Video (below)**

There are 2 dances shown on the video. The steps for each dance are described below:

#### ***Dance #1 – Hold during introduction music:***

Facing back, half of the group bounces the balls with the rhythm of the introduction music. The other half of the group repeats the bounce movements and they all turn and face the front.

1-8 Walk forward 4 steps dribbling at the same time; walk 4 steps back also dribbling with each step.

1-8 Make a circle with the basketball in front of the body and circle the hips. Do this 4 times with each circle being 2 counts.

1-8 Step-touch RLRL each time cross dribbling the ball. The ball is dribbled on each odd count.

1-8 Toss the ball to a partner while receiving a tossed ball. One person will need to toss low while the other tosses high. Each toss/catch is 2 counts. Repeat for a total of 4 toss/catch patterns.

Repeat the four 8 count sequences 2 more times. For the ending bounce the ball high, do one turn, catch the ball and walk forward 4 steps ending in a lunge.

#### ***Dance #2 – Hold during introduction music:***

Facing forward, everyone in the group bounces the ball with both hands keeping the ball low and under control, and staying with the music.

1-8 Swiveling to the R move both heels, both toes, both heels, both toes (counts 1-4) dribbling the ball on the odd counts or when the heels are moved. Reverse moving to the L.

1-8 Moving to the R – step R, step together L, step R, touch L. Reverse this movement moving to the L. Toss the ball on each odd count and catch on even counts.

1-8 There are different movements for this sequence. Every other person does a movement:

**Movement #1:** Kick R and pass the ball under the R leg, step R.(2 counts) Repeat with the L leg (2 counts) Repeat each movement to total 8 counts.

**Movement #2:** Kick R and bounce the ball under the R leg, step R (2 counts) Repeat with the L leg (2 counts). Repeat each movement to total 8 counts.

1-8 Move the ball around the head (2 counts) around the waist (2 counts) around the knees (2 counts) and around the waist (2 counts).

Repeat the sequences 2 more times. For the ending each person tosses the ball into the air and each group member walks off the floor in a different direction.

### **Assessment Ideas:**

These exact combinations can be taught and assessed based on performance, rhythm etc. The students can also be challenged to create their own patterns and movements and assessed on creativity, rhythm etc. The students can also assess themselves and the members of their groups concerning their group participation, team work, encouragement, etc.

### **Adaptations for Students with Disabilities:**

Children with cognitive disabilities can repeat the 8 count patterns several times before moving to the next pattern. They can also use a different type of ball or even clap hands with the movements.

---

Submitted by **Brenda Goodwin** who teaches at Missouri State University Thanks for contributing to PE Central! **Posted on PEC: 3/1/2022.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!