

Name/Title: Dancing Directions

Purpose of Event: To reinforce the concepts of directional movements: right, left, up, down, side, diagonal, counterclockwise and clockwise using a dance.

Prerequisites: Students should have had been taught directions in previous lessons.

Suggested Grade Level: 3-5

Materials Needed: Music player.

Recommended music: I Want Candy by Aaron Carter

Beginning dance formation: Partners scattered in a good self space.

Description of Idea

Section 1:

Step R, L behind, step R touch L (Grapevine) while performing 2 arm circles clockwise in front of body (1-4)

Windshield wiper R, L, R, L-R (5, 6, 7 & 8)

Repeat with step L, R behind, step L, touch R (Grapevine) while performing 2 arm circles counterclockwise in front of body (1-4)

Windshield wiper R, L, R, L-R (5,6,7 & 8)

3 step turn to R (clockwise) (1-4)

Windshield wiper R, L, R, L-R (5, 6, 7, & 8)

3 step turn to L (counterclockwise) (1-4)

Windshield wiper R, L, R, L-R (5, 6, 7, & 8)

Section 2:

Slide diagonally R for 1 step, push hands apart diagonally R hand up and L hand down (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count for each movement 5,6,7,8)

Slide diagonally L for 1 step, push hands apart diagonally L hand up and R hand down (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count for each movement 5,6,7,8)

Push forward with arms as you step forward with R foot (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count for each movement 5,6,7,8)

Push forward with arms as you step backward on R foot (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count for each movement 5,6,7,8)

Section 3:

Right foot-heel, toe, heel, toe (1-4)

Reach to side with R arm, reach to side with L arm, both arms up, both arms down (1 count each movement for 5,6,7,8)

Left foot-heel, toe, heel, toe (1-4)

Reach to side with R arm, reach to side with L arm, both arms up, both arms down (1 count for each movement for 5,6,7,8)

Right foot-heel, toe, heel, toe (1-4)

Reach to side with R arm, reach to side with L arm, both arms up, both arms down (1 count for each movement for 5,6,7,8)

Left foot-heel, toe, heel, toe (1-4)

Reach to side with R arm, reach to side with L arm, both arms up, both arms down (1 count for each movement for 5,6,7,8)

The last part is a repeat of Section 2:

Slide diagonally R for 1 step, push hands apart diagonally R hand up and L hand down (1-4)
2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count each for 5,6,7,8)

Slide diagonally L for 1 step, push hands apart diagonally L hand up and R hand down (1-4)
2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count each for 5,6,7,8)

Push forward with arms as you step forward with R foot (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count each for 5,6,7,8)

Push forward with arms as you step backward on R foot (1-4)

2 hands up right, 2 hands up left, 2 hands right down, 2 hands left down (1 count each for 5,6,7,8)

Submitted by **Debbie Fay** who teaches at Eastern Illinois University in Charleston, IL. Additional authors for this idea were Jordan Brown and Alyssa Morano. Thanks for contributing to PE Central! **Posted on PEC: 5/9/2015.**

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