

Name/Title: Dancing in the Classroom

Purpose of Event: To incorporate an activity break (in the form of a dance) in a student's classroom.

Suggested Grade Level: K-6

Materials Needed: Music player.

Recommended music: “Squeeze Me” (Music from The Spongebob Movie Sponge out of Water) Any song that has a good rhythm and easy to find beat could be used with this activity.

Beginning dance formation: Students can be sitting at their desks. This dance activity could be used when physical education must be taught in the classroom or it could be used as a brain-break during regular classroom time.

Description of Idea

This activity is a choreographed simple routine that can be changed to challenge older groups or made more repetitive for younger children. The idea is to get the students moving even in a classroom setting. Feel free to change it to fit your class’s abilities.

The dance begins after the first 4 counts of music when the singing begins.

Combination #1 – Desk taps

1-8 – Tap the hands on the desk 8 times. This can be done with both hands tapping 8 times or alternating hands. It does not matter if students start tapping with the R or the L hand or if they use both hands.

Combination #2 – Claps

1-8 –8 claps

Combination #3 – Shoulder shrugs

1-8 – Move the shoulders up (1) down (2), repeat 3 more times for a total of 4 shrugs or 8 counts.

Combination #4 – Running arms

1-8 – While sitting at the desk pump the arms like you are running. Do this 4x for 8 counts.

Combination #5 – Stand up and march in place for 8 counts

Combination #6 – Slide and March

1-8 - Slide to the R in front of the desk 2x (4 counts) march backwards 4x. Students are now standing behind their chairs.

1-8 – Slide to the L 2x (4 counts) and march forward 4x to get back to original starting spot.

Combination #7 – 4 Kicks R and 4 Kicks L

1-8 – Kick R touch R foot next to L (1-2) Repeat 3 more times for a total of 8 counts.

1-8 – Kick L touch L foot next to R (1-2) Repeat 3 more times for a total of 8 counts.

Combination #8 – Snaps and sit!

1-8 - Snap fingers for 6 counts and sit down on counts 7-8 in order to start the dance again!

Repeat all of the patterns again until the end of the song!

Assessment Ideas:

This activity could be a great way to do an affective assessment. Students could be asked how they feel after sitting in class for an extended period of time. The activity could then be performed and ask students to again assess how they feel and if they feel more alert, more energetic etc. It could lead to a discussion on the importance of activity throughout the day and how it can affect our learning, attention span etc.

Adaptations for Students with Disabilities:

The 8 count movements in this activity could each be repeated for up to 32 counts each thus allowing students with lower cognitive functions to successfully participate. Each movement could also be done by those students who may have limited use of the lower extremities.

Submitted by **Brenda Goodwin** who teaches at Missouri State University Thanks for contributing to PE Central! **Posted on PEC: 12/7/2016.**

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