Name/Title: Hokey Pokey Aerobics

Purpose of Event: To try a new spin on an old favorite and get some exercise while having fun!

Prerequisites: N/A

Suggested Grade Level: K - 5

Materials Needed: Recording of the Hokey Pokey; Record player or CD player; Small dumbells or dyna-bands

Description of Idea

Hokey Pokey Aerobics

Put your right foot in (lunge forward on the right leg)
Put your right foot out (return to standing position)
Put your right foot in and shake it all about (lunge forward on right leg and lightly bounce up in down in lunge position)
Do the Hokey Pokey and turn yourself about (do jumping jacks while turning in a circle)
Repeat above but do the opposite for the left leg

Put your right arm in (extend arm at the elbow)
Put your right arm out (flex arm at the elbow)
Put your right arm in and shake it all about (do bicep curls)
Do the Hokey Pokey and turn yourself about (do vertical jumps while turning in a circle)
Do the opposite for the left arm

Put your right elbow in (elbow flexed, forearm parallel to the ground, flex shoulder away from body)
Put your right elbow out (elbow flexed, forearm parallel to the ground, extend shoulder back towards body)
Put your right elbow in and shake it all about (arm in same position, flex and extend shoulder)
Do the Hokey Pokey and turn yourself around (hop on your right foot turning in a circle)
Do the opposite for the left elbow

Put your head in (slowly touch chin to chest)
Put your head out (slowly move it back to starting position)
Put your head in and shake it all about (slowly move head side to side)
Do the Hokey Pokey and turn yourself around (jog in place while turning in a circle)

Put your right hip in (side jump in)
Put your right hip out (side jump out)
Put your right hip in and shake it all about (jump side to side)

Do the Hokey Pokey and turn yourself around (march in place while turning in a circle)
Do the opposite for the left hip

Put your whole self in (forward jump in)
Put your whole self out (backward jump out)
Put your whole self in and shake it all about (jump in and out)
Do the Hokey Pokey and turn yourself around (do leg squats)

Put your backside in (backward jump in) backwards
Put your backside out (backward jump out)
Put your backside in and shake it all about (jump in and out)
Do the Hokey Pokey and turn yourself around (do pushups)

Do the Hokey Pokey, do the Hokey Pokey, ending – can do regular ending or have students pick their favorite exercise. End with a partner high five!

Variations:

Can add light hand weights or dynabands for older children to expand or challenge.
Change activities or exercises.
Have students work with partners and make up their own Hokey Pokey Aerobics.

Assessment Ideas:

Have students check their heart rates before the dance and again after to see if there are any changes in their heart rate during exercise. Have them note any other body changes (i.e., hot, sweaty, heavy breathing, etc.)

Ask students to create their own "Hokey Pokey" dance using their own movements. Have them label their activities and identify which are cardiovascular, muscular strength and endurance or as flexibility.

Teaching Suggestions:

Have students in scattered formation and in their own self space so they can see the teacher. Give ownership to students after you have created it by having them modify and give new examples to add on to the dance.

Submitted by **Thad Schumacher** who teaches at Fremont Middle School in Fremont, NE. Thanks for contributing to PE Central! **Posted on PEC: 10/3/2005**.

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