

Name/Title: The Water Dance

Purpose of Event: To teach the students about the changes in the four seasons by moving like water in each season. i.e. in the summer it is hot, so it moves fast and in the winter it is frozen, so it does not move.

Prerequisites: In the introduction to the lesson, the students should have a review of the different levels, pathways, and directions. They should also be aware of MO (momentum). The students will be told that big MO is when something is moving fast and little MO when something is moving slow. i.e. The students will move like the molecules of water. When it is cold outside water turns into ice and the water moves really slow and does not have very much MO, but when it gets hot, like bath water or hotter the molecules are moving really fast and have big MO.

Suggested Grade Level: K-2

Materials Needed: In the intro it helps to have flash cards with the seasons depicted on them. Use them to ask the students about the different seasonal temperatures.

Recommended music: Music that changes pace from fast to slow, or relaxing river/brook sounds.

Beginning dance formation: The dance can be contained in a circle in the gym, or by cones. I usually tell my students to pretend like they are in a big pond.

Description of Idea

The dance begins by having the students pretend like they are frozen like ice in the winter time. Then you would have them melt and move into the spring, summer, and then slow down for the fall. Tell the students to move at different levels and pathways (this should be discussed in the intro)

Variations:

Throughout the dance, the teacher can change the seasons and the levels. It helps to reinforce the seasonal changes in order, but the time in the seasons can change.

Assessment Ideas:

Have the students draw a picture of their favorite season and write if it has big or little MO.

Adaptations for Students with Disabilities:

All of the students can move at their own pace and in their own way.

Submitted by **Jen Pariseau** in Frostburg , MD . Thanks for contributing to PE Central! **Posted on PEC:**
12/1/2000.

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