

Name/Title: Jumping Jack Mania Dance

Purpose of Event: For the elementary to middle school level--To increase cardiovascular endurance, while at the same time incorporating rhythm and coordination challenges. Used at the high school level, this combination could be used as part of an aerobic dance routine.

Suggested Grade Level: K-12

Materials Needed:

CD player/phone
music that is between 120-140 beats per minute
portable microphone

Recommended music: Country – “All My exs Live in Texas,” George Strait; Classical – “William Tell Overture”; Bluegrass- “She’ll be Coming Round the Mountain”, Big Smith; Pop – “See You again”, Miley Cyrus. "Shut up and Dance" by Walk the Moon. All of these titles are available on iTunes.

Description of Idea

1-8 Four jumping jacks (Each jumping jack is 2 counts)

1-8 Eight marches in place

1-16 Four knee jumping jacks (Do 1 regular jumping jack, bring the R knee up, step R – this is 4 counts. Repeat the jumping jack and bring the L knee up, step L – this is 4 more counts). Repeat the entire sequence.

1-8 Eight marches in place

1-16 Four side kick jumping jacks (Do 1 regular jumping jack, kick the R leg to the side like a side karate kick, step R – this is 4 counts. Repeat the jumping jack and kick the L leg to the side like a side karate kick, step L – this is 4 counts. Repeat the entire sequence

1-8 Eight marches in place

1-16 Four scissors jumping jacks (Jump with the R foot forward, jump and put the L foot forward, jump and put the R foot forward and hold for 1 count. Arms go up when the R foot is forward, down when the L foot is forward, up when the R

foot is forward, hold. Reverse the feet -jump with the L foot forward, jump and put the R foot forward, jump and put the L foot forward, hold. Arms go down when the L foot is forward, up when the R foot is forward and down when the L foot is forward, hold 1 count. Repeat the entire sequence.

* 1-8 Eight marches in place (Turn 180 degrees to the L)

You are now facing the back wall. Repeat the entire sequence.

Variations:

You can repeat the dance as many times as you like. You can also jog between the jumping jacks or you can use your imaginary jump ropes and jump rope between each jumping jack sequence or use any other locomotor skill.

This combination can be done with the class around the perimeter of the gym area. Instead of marching/running in place, the class can run, jump, skip, hop, etc., around the gym and stop to do the jumping jack activities. On the last 8 marches the students can turn around and move in the opposite direction. Use your creativity and make it a rhythmic and cardiac challenge!

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 2/2/2017.**

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