

Name/Title: Walking on Sunshine Fitness Dance

Purpose of Event: To improve cardiovascular fitness.

Prerequisites: Review some of the exercises of this lesson idea, such as jumping jacks and knee slaps and have them practice walking and jogging in place.

Suggested Grade Level: K-2

Recommended music: "Walking on Sunshine" by Katrina & The Waves

Beginning dance formation: have the students start in a circle or line formation - making sure they have enough room to do the moves

Description of Idea

- * 8 counts knee bends (flex and extend knees 4x for a total of 8 counts)
- * 16 counts arm stretches (above the head or straight out)
- * 16 counts twisting (twist side, front, side, front - 4x or allow children to do the "twist" moving the hips for 16 counts)
- * 16 counts knee bends (flex and extend knees 8x for a total of 16 counts)
- * 16 counts jumping jacks (8 jumping jacks)
- * 16 counts arm circles
- * When the songs begins with "I'm walking on sunshine", start walking in place. When she sings "Whoa-ho" raise your arms up and over your head (like a rainbow)
- * When it says "And don't it feel good?" jump in place for 16 counts(for younger children jump for 1 count and hold for one count for a total of 8 jumps, older children can jump 16x)
- * 16 counts twist (twist side, front, side, front - 4x or allow children to do the "twist" moving hips fo 16 counts)
- * 16 counts knee slaps (raise R knee and slap with L hand, step R - raise L knee and slap with R hand, step L - 4 counts) Repeat for 16 counts
- * 16 counts jumping jacks (8 jumping jacks)
- * 16 counts arm circles
- * "Walking on sunshine" walk in place (4 counts). Raise arms up and over on the "whoa-ho" (4 counts).
- * 16 counts jumping in place on "Don't it feel good?" or 8 jumping jacks
- * Jog in place 32 counts
- * 16 counts arms stretches to the top
- * 16 counts arms stretches to the front
- * Walk in place on "Walking on sunshine". Raise arms just like before.
- * 16 counts jump in place (for younger children jump for 1 count and hold for one count for a total of 8 jumps, older children can jump 16x)
- * 16 counts twisting (twist side, front, side, front for 4 counts, repeat for a total of 4x or 16

counts or allow students to do the "twist" moving hips for 16 counts)

* 16 counts knee slaps (raise R knee and slap with L hand, step R - raise L knee and slap with R hand, step L - 4 counts) Repeat for 16 counts

* 16 counts jumping jacks (8 jumping jacks)

* 16 counts arm circles

* 16 counts jumping in place (for younger children jump for 1 count and hold for one count for a total of 8 jumps, older children can jump 16x)

Assessment Ideas:

Ask the students to feel their heartbeat before the dance and after the dance to see if their heart beats faster. They will immediately know they have done some aerobic movement!

Teaching Suggestions:

Note from the author of this lesson idea: This dance was done by our three Kindergarten classes for our annual "Student Showcase." We usually have over 500 parents and the Board of Education is always in attendance. The local television station comes in to record the show and the newspaper has a full-page spread of pictures.

Submitted by **Lee Hopkins** who teaches at Glasscock Elementary in Lebanon, KY. Thanks for contributing to PE Central! **Posted on PEC: 12/18/2008.**

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