Name/Title: **Great Balls of Fire – I Got Locomotor Skills (April 2009)**

Purpose of Event: Review of basic locomotor skills and rhythmic movement.

Suggested Grade Level: K-5

Materials Needed: none

Recommended music: Great Balls of Fire by Jerry Lee Lewis

Beginning dance formation: Students can be in a big circle around the perimeter of the gym floor.

Description of Idea

1-24 – March to the music.

1-8 – “Goodness gracious great balls of fire” Each time the students hear this phrase, they will jump in place 8x.

1-24 – 24 runs to the music around the perimeter of the gym.

1-8 – “Goodness gracious great balls of fire” – students will jump in place 8x.

1-24 – All students should face into the center of the circle and slide R, step L and repeat for 24 counts. There will be 12 slide R/close L movements.

1-24 – Students should reverse direction and slide L, step R for and repeat for 24 counts. This will be 12 slide L/close R movements.

1-24 – Students will place L shoulder into the center of the circle and will skip 12 times. Each skip is a 2 count movement.

1-8 – “Goodness gracious great balls of fire” – students will jump in place 8x.

1-32 – Students will perform the 8 count combination of “run R-run L-leap R-run L-run R-leap L." Each run is one count and the leap is 2 counts. The students will perform “run-run-leap” sequence 8 times.

1-32 – Staying in place, students will hop 4x on the R foot and 4x on the L foot. Repeat for a total of 4x.

1-32 – Gallop with the R foot lead for 8 counts, gallop with the L foot lead for 8 counts. Repeat R and L lead.

1-32 – Students will skip 16x. Each skip is a 2 count movement.

1-8 – 8 runs to the music.

1-8 – “Goodness gracious great balls of fire”- students will jump in place 8x.

Variations:

If a class is working on a particular locomotor skill, the teacher can use that skill throughout the entire song. For instance, it is possible to skip during each segment and jump on the "Goodness gracious great balls of fire" phrase.

Assessment Ideas:

Teachers can observe that locomotor skills are being performed correctly and that the students are moving to the rhythm of the song. If the class has discussed target heart zones, students can take their pulse and talk about cardiovascular movements.

Teaching Suggestions:

Emphasize that the locomotor skills should be performed to the rhythm of the music.

Teachers can cue students through the song by saying the locomotor skills (run, skip, etc.) that are throughout the text. If students get off with the music it is possible to get everyone back together on “Goodness gracious great balls of fire.”

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 5/13/2009**.

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