Name/Title: **Scattered Square Dance**

Purpose of Event: To get the students active and moving, as well as give them ideas on how to work well with small groups.

Suggested Grade Level: K-2

Materials Needed: CD player

Recommended music: Any country or square dance music without lyrics or words.

Beginning dance formation: Have the students spread out all over the gym in self space. It helps if there are X's or spots on the floor.

Dance source: Dance was taken from Dr. Kristin Carlson, professor at Illinois State University.

Description of Idea

Before performing the dance with music, have the students practice each dance move. Each dance move has a specific "call" that the students should remember.

"Lasso" - Students stand in place and pretend they are spinning a rope.

"Cactus" - Students stand on one leg and balance.

"Twister" - Students spin in a circle.

"Tumbleweed" - Students sit on floor and spin.

"Join Hands and Circle Two" - Students join hands with a partner and turn slowly in a circle.

"Join Hands and Circle Four" - Four students join hands and turn slowly.

"Horse and Jockey" - One student has hands on other student's shoulders and walk around self or general space.

"Change Jockeys" - Student in back now switches to the front.

"2 Person Star" - Two people put right hands up to center and turn.

"4 Person Star" - Four people put right hands in center and turn.

"Shoot That Star" - All students say "yee-ha" and separate from group.

"Walk the Trail" or "Hit the Lonesome Trail" - Students walk/skip/jog/jump/slide, etc. (as called by the teacher) in self or general space.

"Giddy-Up" - Students gallop in self or general space.

"Join Hands and Circle All" - All students join hands and circle to right.

"Hit the Hay" - Students fall down (safely) and pretend they are sleeping.

*It is a good idea to call "Walk (skip/jump etc.) the Trail" or "Hit the Lonesome Trail" between all or most calls. Any type of locomotor skill could be called.

Once the students have done each move successfully, turn on music and have them do the moves to the beat.

Variations:

There are many different individual square dance moves that could be added. Teachers can also add directional cues: left, right, clockwise, counter-clockwise, etc., to reinforce these concepts.

Assessment Ideas:

Once students learn all the moves, this can be done as an instant activity. In addition, older students could be put into groups and each group can create a series of calls or create a new call. Allow each group to present their patterns and/or new calls to the class.

Adaptations for Students with Disabilities:

Students in wheelchair can perform most moves in chair. Some students with behavior problems can demonstrate moves with the teacher to minimize disruptions.

Submitted by **Katie Lammel** in Worth, IL. Thanks for contributing to PE Central! **Posted on PEC: 3/5/2010**.
Visit S&S Discount for all your physical education equipment and supplies!