

Games and Dances From Around the World & Create a Dance

Unit plan by Sandy Hagenbach

Day	Grade	Dance	Game
1	K-1 2 3 4	Chicken Dance Shadow Dance Create a Dance: Locomotor, non locomotor, pathways, directions, levels Fitness Goals	Create own
2	K-1 2 3 4	7 Jumps Denmark Shadow Dance Create a Dance Step 1 Tinikling Philippines	Chinese Wall China Create
3	K-1 2 3 4	Choice Dance (Hokey Pokey, Bunny Hop) Fjaska Sweden Create a Dance Step 2 Tinikling	Chinese Jump Rope China Chinese Wall China
4	K 1 2 3 4	Shoe Maker & Elves Denmark Dance of Greeting Denmark La Raspa Mexico Create Dance Combine steps start testing	Guard the Castle Scotland Guard the Castle Guard the Castle
5	K 1 2 3 4	Test Dance Test Dance Test Dance Start testing dances Test Dance When a group of students have passed the dance they may play Tumbang Preso	Zumkha India El Lobo Peru El Lobo Peru Tumbang Preso Philippines
6	K-2 & 4 3	Around the world stations Finish testing Create a dance (students already tested may do stations)	Triangle Game Greece Bola Peru Spear the Disc Ethiopia Sticks Pakistan

Dances:

7 Jumps: Search YouTube for variations

- *Variation 1: Circle formation clockwise. Alternate between Gallop and Slide 14 counts, stop and jump c15 & c16 followed by balances
- *Variation 2: Scattered position. Vary locomotor movements (march, robot, skip, crab walk, bear walk) followed by balances (I use this as a warm up)
- *Variation 3: Change balances to gymnastic balances: Front scale right, front scale left, rear scale right, rear scale left, side scale right, side scale left, V sit (I use this as a warm up)
- *Variation 4: Change balances to Yoga poses: Tree pose right, tree pose left, warrior right, warrior left, downward dog, cat, child's pose

Tinikling variation <https://youtu.be/x70MqHyJQXg>

Shoemaker variation <https://youtu.be/o3kb5hSWMnw>

Dance of Greeting variation; Work on showing respect to others. Always turn your partner gently, look and smile at them.

<https://youtu.be/Dy2sA6FVGw8>

Fjaska <https://youtu.be/610yF16Coh0>

La Raspa variation: Work on showing respect to others. Always elbow swing your partner gently, look and smile at them.

<https://www.youtube.com/watch?v=xORjoD2yFB4>

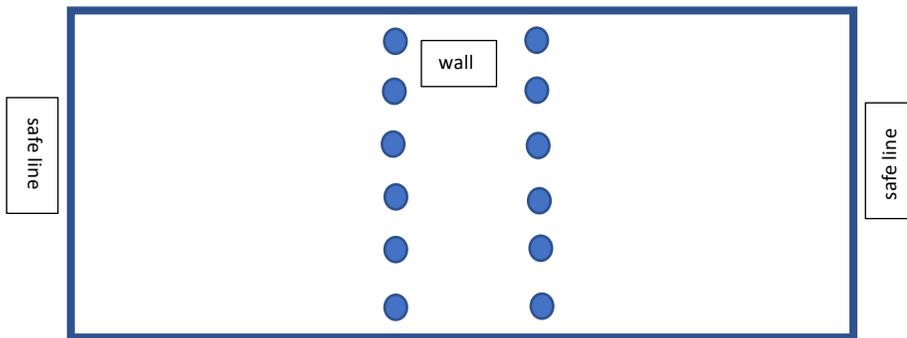
Other resource for games:

<https://docs.google.com/spreadsheets/d/1dmfzUoEYgnUJkQchb-U9ZnLwswErIky7Lhtmh6d9SJU/htmlview#gid=0>

Games:

Chinese Wall China

Set Up: Mark an area that will be the wall. Polly spots work well. I use the basketball key as a guide for the boundaries of the wall. Have two set safe lines opposite each other. Class lines up on one safe line and the Captain of the guards stands "ON" the wall.



Play: Captain can call out "Great Wall Of China" and everyone tries to cross the wall without getting tagged. Colors could be called also. This limits the number of students trying to cross the wall and is a safer variation. Tagged player becomes a guard and helps the Captain of the guards. Both the guard and the runner must be on the wall when a tag occurs.

*Safety-Change Captain of the guard and start a new game if it looks like the runners cannot safely cross the wall.

*Make sure guards tag safely. Avoid 2 taggers coming from opposite directions to tag a runner.

Multicultural Games by Lorraine Barbarash Human Kinetics 1997, page 102

Bola Peru

Set Up: Three pins in a triangle with a head pin. A rolling line with a ball to roll.

Play: Original scoring is the head pin is worth 12 points and the back pins are each worth 6 points. To make it easier for my students the head pin is worth 10 and the two back pins are each worth 5 points. One student is the ball return and the other is the roller. The roller has two tries to knock down the pins. If on the first try they knock down all three pins they switch positions. The ball return person rolls the ball back between rolls. Roller may not step on the rolling line. If they touch the rolling line no points can be scored. The ball return person should be watching.

Multicultural Games by Lorraine Barbarash Human Kinetics 1997, page 67

Spear the Disc Ethiopia

Set Up: One hula hoop and a pool noodle cut in half for each pair of students (one will be a roller, the other the thrower) Choose a distance for the person to throw from and the roller to start the roll. Hoops are unpredictable when students are rolling them. I just remind students to keep the game fair and challenging.

Play: One student is the roller and the other is the spear thrower. The thrower has two tries to score points. If the fun noodle hits the hoop one point is scored. If it goes through the hoop without touching five points are scored. After two tries students trade positions. For older students I put out two different sized hoops. If they choose the smaller hoop double points are scored.

Multicultural Games by Lorraine Barbarash Human Kinetics 1997, page 2

Triangle Game Greece

<https://youtu.be/5hV9T9sCtB4>

Multicultural Games by Lorraine Barbarash Human Kinetics 1997, pages 42-43

Sticks Pakistan

Set Up: A 12-14 inch circle is marked on the floor. I use an agility flat hoop or use floor tape to form a circle. The circle needs to be flat. You might be able to mark it on a mat. Place 5-8 sticks in the middle of the circle. I use 6 sticks. I put three down and then put 3 on top of the base. I bought dowel rods and cut 10 inch sticks. If your music teacher has lummi sticks those work well also. Have a marked throwing line and a ball. I change my throwing line depending on grade level.

Play: One player is the thrower and the other player is the ball return. The thrower has two turns to knock out as many sticks as possible from the circle. Thrower may not step over throwing line and the ball must hit the sticks on the first bounce. The ball return player stops the ball after the first bounce and returns it to the thrower. One point is scored for every stick that rolls out of the circle.

*You can have different throwing lines for older students. The line that is farthest back scores double points.

*You can have two different size balls. The smaller ball scores double points.

Multicultural Games by Lorraine Barbarash Human Kinetics 1997, page 116

Station Day: Triangle game, Spear the Disk, Sticks, Bola

Students work in pairs. Students should show respect for rules and help each other play the games by the rules. They should play with a new person at each station.

The following games are from a presentation I attended. These are the resources listed on the handout:

- *Multicultural Physical Education Resource-Milwaukee Public Schools
- *Games Corners Eastern Michigan University-Dr. Pederson
- *Roots And Wings-Stacey York
- *Inclusive & Multicultural Games-Dr. Dwan Bridges California State
- *Games & Great Ideas A Guide for Elementary School Physical Educators and Classroom Teachers-Rhonda L Clements

Zumkha India

Set Up: Students begin by walking in a large circle. Know the number of students in the class.

Play: Teacher calls out Zumkha and a number. Students must quickly get into a group of that number. If not in a group of the correct number they lost that round. Try to do groups that work so no one is left out as much as possible. 2-4-5-10-20 works well with a class of 20. Talk about not excluding children. Explain sometimes a team player sometimes will leave the group to help out the group. Teacher can help out to make the correct number if needed

Guard the Castle Scotland

Set Up: Class forms a large circle with three pins (castles) in the middle. Each castle has a guard.

Play: Give a gator skin ball to half of the class. On a signal students try to knock down a castle. If the castle is knocked down the person who hit the pin becomes the guard and the guard goes out. Guards must stand and may not touch the pin while guarding.

Throwers may not step into the circle. Teacher can be a sweeper, sweep balls out to throwers, for younger students. For older students choose a student to be a sweeper.

El Lobo Peru

Set Up: El Lobo, the wolf, is in the middle of the circle and the class is walking around the circle.

Play: Class says "El Lobo what time is it?" El Lobo response can vary and student may act out the response: Time to brush my fangs, Time to comb my fur, Time to sharpen my claws, Time to read a book, Time to take a nap, Time to dribble a ball. When El Lobo says "Dinner Time!" they try to tag as many students as possible. Circle splits and students run to opposite ends of the gym. If caught they become part of the pack.

SAFETY: I practice which way to run when El Lobo will chase. I tell students a wall goes up splitting the circle in half. They must run to the side of the gym that they are on.

Tumbang Preso Philippines

Set Up: Four players, one is the guard and the other 3 each have a beanbag of a different color. A rectangular playing area is set up with a throwing line on one end and a prison area on the opposite end. A pin (prisoner) is set up in the prison area with the guard standing to the side.

Play: One student slides their bean bag and tries to knock down the pin (prisoner). They may not cross the throwing line. The guard stands to the side and may not block the slide. If successful they must run into the prison area, retrieve their beanbag, and get out before being tagged. If tagged they become the guard. The guard may only tag if the pin (prisoner) is standing. If they miss it is the next person's turn to try. If player two knocks down the pin (prisoner) both player one and two try to retrieve their beanbag and get out before being tagged. If all three players have attempted to hit the pin (prisoner) and failed, they must now all retrieve their bean bags without getting tagged.
*You can play you must get your beanbag or you can grab any beanbag.

