

<h2>Dance, Move, and Slide</h2>	<p><b>Time</b> 20 minutes</p>	<p><b>Facility</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Classroom</li> <li><input checked="" type="checkbox"/> Gymnasium</li> <li><input checked="" type="checkbox"/> Multipurpose</li> <li><input checked="" type="checkbox"/> Outdoors</li> </ul>	
<p><b>Equipment</b> Audio equipment</p>		<p><b>Physical Activity Level</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Moderate</li> <li><input type="checkbox"/> Vigorous</li> </ul>	
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>● Remind students to be cautious when moving and to be aware of the personal space of others.</li> </ul>			
<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>● Have students start by walking on the spot with a variety of steps (e.g., narrow, wide), pumping their arms back and forth.</li> <li>● Have students gradually increase speed every 30 seconds. Have them imagine they are walking on a beach in deep sand, walking home from school, or running a race as they are moving.</li> <li>● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul> <p><b>Activity:</b> Dance, Move, and Slide</p> <ul style="list-style-type: none"> <li>● Put on any music with a lively beat.</li> <li>● Arrange students in a scatter formation. Lead them in the following dance moves: <ul style="list-style-type: none"> <li>○ grapevine right (4 beats)</li> <li>○ grapevine left (4 beats)</li> <li>○ walk backwards: right, left, right, left heel forward</li> <li>○ step forward on left foot</li> <li>○ touch right toe behind</li> <li>○ step backward on right foot</li> <li>○ touch left heel forward</li> <li>○ step forward on left foot</li> <li>○ quarter turn right, brushing right foot on the ground, hold for 2 beats</li> </ul> </li> <li>● Have students repeat the entire dance from the beginning, continuing until the music ends.</li> </ul> <p><b>Cool-down:</b> Stretch Wave (Adapted from: Ophea, <i>H&amp;PE Curriculum Support Document, Grade 8, 2000</i>)</p> <ul style="list-style-type: none"> <li>● Have students move slowly (e.g., in a slow jog, brisk walk) around the activity area.</li> <li>● Have students form a circle. Appoint a leader, who will choose stretches. Students will “pass” each stretch around the circle and hold it as others join in, creating a wave effect (see Appendix C for sample stretches).</li> </ul>			
<p><b>Variations</b></p> <ul style="list-style-type: none"> <li>● Use a variety of music with the same dance patterns.</li> </ul>			
<p><b>Notes for Teachers</b></p> <ul style="list-style-type: none"> <li>● Discuss with students the connection between movement patterns and dance.</li> <li>● You could make connections to the Drama and Dance strand of the arts curriculum.</li> </ul>		<p><b>Planning Notes and Reflection</b></p>	