

BRINGING DANCE TO YOUR AFTERSCHOOL PROGRAM

Introduction

Here are some great ideas to get kids moving. You don't have to be a pro dance teacher to bring dance moves into your program. You can do most of these activities in a gym or any open space. All you need is good, LOUD, kid-friendly music! Dance is all about moving and responding to music--this is a great way to get the kids in your program building some steps! As a teacher/coordinator, it is important to remember that everyone CAN dance! "By using an approach that provides an opportunity for guided movement expression, all students can bring their unique abilities to create movement," (PHE Canada).

5 Reasons to Teach Dance

1. *It is Part of The Saskatchewan Curriculum:* All Physical Education curricula across Canada include elements of rhythmic and expressive movement. Strands from the curriculum are also included: Movement skills, Movement Concepts, Cance Creation, and Understanding Dances Within a Cultural Context.
2. *Dance Educate Students:* to only name a few, dance help students to
 - a. Develop movement potential
 - b. Present ideas in kinesthetic form
 - c. Appreciate to appreciate their dance heritage, as well as the role of movement in understanding other people and cultures.
3. *Dance Educates Entire Self and Provides an Ideal Vehicle for Students to Learn Physically, Intellectually, Emotionally, and Socially:* dance provide students with the opportunity to
 - a. Develop healthy bodies
 - b. Exercise Thinking Skills
 - c. Expand Basic Communication
 - d. Build community from diversity
 - e. Enrich life
4. *Dance Provides opportunities for Cross-curricular and Integrated Learning*
5. *Dance Education Creates Balance within the Educational Program:* dance utilizes carefully selected activities to contribute to the physically educated individual who possesses dance skills, fitness, social skills, knowledge and understand, attitudes and appreciations (PHE Canada).

Run for your life!

Equipment: Loud Music

Have each individual to find a partner, sit outside of the squared-line of the gym floor, sitting back-to-back. To start the activity, students will be waiting for the music to play and they will start running in opposite directions, and the traffic will eventually become a 2-way lane. Once music stops/pause, students will have to run back (outside of the gym line) to find their way back to their partner and sit back to back again. The last pair of students sitting down will have to: do 5 jumping jacks/5 pushups/5 sit-ups/ etcetera. Play music again once everybody is quiet and at their ready position (which is back to back again). Try this game within 10 minutes. Perfect for any warm-up game or activity.

Party Rock Anthem

Equipment: Party Rock Anthem by LMFAO

Youtube link: https://www.youtube.com/watch?v=DVhXIPM-J_c

There are three different combinations that will alternate between verses, bridge chorus.

There are various and basic routines to do and each of them are 8 counts each:

- bounce, strut, step-clap, step-clap travel
- jump with one arm up
- jump and switch arms
- jump two arms up
- shuffle

The dance routine can be implemented at community halls, school dances, phys. ed, and so forth!

Coca-Cola

Equipment: Any dance or slow song (optional: balloons)

This activity is perfect for community DJ Dances! Everybody will find an opposite gender partner, and assemble to the dance floor. Demonstration must be done before they start the game. To start, pairs of dancers will dance together while the music is playing, and once the music stops, participants will either have to listen to the word "Coca" or "Cola." When "Coca" is called, the male kneels on one knee and the female sits on his lap. When "Cola" is called, the female kneels on one knee and the male sits on her lap. The last pair sitting will be eliminated! If you want to add more challenge, give each pair a balloon and their job is to have one to kneel, with balloon on the lap, then the partner sitting on the balloon.

Follow-the Leader

Equipment: Music

All students will be standing in the circle. Before starting the game, you must choose on leader and one guesser for the first round. The leader's job is to improvise different dance routine and interchanges different moves. The guesser will either have to be blind-folded (or cover their eyes) and count to 10. After 10 seconds, the guesser's challenge is to guess who the real leader is. The guesser will be given 3 chances and if he or she answers incorrectly, the leader must reveal him or herself. If the guesser guesses the right person, they win the challenge and it is the leader's turn to guess. Note: ensure everybody gets a chance to be the leader and a guesser. This game will take about 15-20 minutes.

Movement Telephone ("Dragon Ball Z")

Equipment: Music

This is another Improvisation game, and everybody will stand in the circle facing each other. Once music is played, the first person will do a dance routine (from simple moves to complex moves, "step side to side" vs "shuffle", then relay the dance routine to someone else. The second person will imitate the dance routine, then add a different dance routine, and relay the second person's movement to the third person, and repeat. This is an improvisation and memorization game, and the challenge of this game is to mimic other's dance routine and if they get the previous dance routine wrong, they will either do 5 jumping jacks, pushups, one-lap, etcetera.

"Just Dance" Assembly

Background: All staff and students are assigned to coloured teams for a whole year, so the school can implement intramurals, competitions, and other fun activities.

This assembly is a huge energizer event, so ensure school teams practice once or twice a week (one team can meet in one classroom) for about 2 week. Additionally, ensure the assembly is organized. Each coloured team will choose a "Just Dance" video to perform (this is including staff). During practice, you will need either a smartboard or projector, laptop and internet. Most importantly, download the youtube video and saved onto your computer, so the assembly will run smoothly.

Helpful Links to Integrate Dance In Your Community

The following links are activities I found and they are fun to try:

- 1) Youtube search "Just Dance" and you will find many dance videos that youth can dance to. I tried this with Elementary Grades 1-5 and they love it! (Projector and speakers are required).
- 2) Google search "Kids Zumba" because they have tons of videos! (Smartboard/projector, Speakers required).
- 3) If you are looking for resources for individuals interested in choreographed-style dance, go on Youtube, and Subscribe to the following channels (**warning**: explicit content of the song or movements may be portrayed, so I recommend to review the dance routine and the song first before playing it for the community/youth):
 - "DanceTutorialsLIVE"
 - "MattSteffanina"
 - "Mandy Jiroux"
 - "Break Dance Tutorial"
 - "MJ Dance Tutorial Channel"
 - "Online Dance Tutorial"

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