

UNIT: DANCE W/O MANIPULATIVES

AGES: 5-7

OBJECTIVES

Sequence a motor pattern, rhythm, timing,
non-locomotor and locomotor skills

EQUIPMENT

Music player, music: "The Bouncer,"
PERCEPTUAL-MOTOR RHYTHM GAMES

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
<p>The Bouncer (Rhythmic motor pattern; instrumental)</p>	<p>-Individuals <u>scattered in play area</u> (30 X 30 paces) facing leader.</p> <p>-Explain/demonstrate the basic movements <u>before</u> playing the music.</p> <p>-Begin movements after a 4 count introduction.</p>	<p>-The name of this dance is "The Bouncer!"</p> <p>-This is a rhythmic pattern that you do at your home base.</p> <p><u>Let's practice the movements together:</u> -Do these moves 6xs:</p> <p>-Tap legs 1x, tap stomach 1x, clap hands 2xs.</p> <p><u>Let's try the next part:</u></p> <p>-March in place 8xs.</p> <p>-Jump in place 8xs.</p> <p>-Jump 8xs making a complete turn.</p> <p>-Hop 4xs on L foot, then hop 4xs on R foot.</p> <p>-Hop 2xs on L foot, then 2xs on R foot.</p> <p>-March 4xs in place.</p> <p>-Repeat from the beginning.</p> <p>-Let's try it with the music!</p>
<p>-<u>Note</u>: This instrumental song repeats 4 times.</p>		