

Kentucky 4-H Dancefit

Lesson 2 Flexibility

Essential Elements:

- Positive relationship with a caring adult
- Inclusive environment
- Safe environment
- Engagement in learning
- Opportunity for mastery
- Opportunity to see Oneself as an active participant in the future
- Opportunity for self-determination
- Opportunity to value and practice service for others

Core Curriculum:

- Animal Sciences
- Communication & Expressive Arts
- Family & Consumer Sciences
- Health
- Leadership
- Natural Resources
- SET

Objective: For students to learn that dance can increase their flexibility and demonstrate proper ways to be physically active.

Curriculum to Use:

Title: Dancefit

Background Information:

Please review Benefits of Dance, Dance History, Safety Tips and Tips for Leading Dance Programs.

Introduction:

Welcome to Dancefit! Today we are going to learn a few dances and have fun while being physically active! Dance benefits us in many ways. Today we will focus on flexibility.

Flexibility is being able to bend down and tie your shoes. How many can touch your toes now? (Allow youth to try to touch their toes.) We often do not do enough activities that increase our flexibility. Dancing can help us reach our toes and tie our shoes. It can also help us from getting hurt when we are doing other physical activities.

Do the Activity(s):

Activity 1: Dance

Let's Review our Rules!

- Wear appropriate clothes and shoes.
- Take plenty of water breaks.
- Stay within your personal space (arms stretched out to sides without touching anyone around you).

Life Skills:

Self Esteem
 Healthy Lifestyle
 Choices
 Disease Prevention
 Stress Management

Delivery Mode:

Club
 Special Interest
 Camp
 School Enrichment

Grade Level: K-8**Educational Standards:**

See Appendix D.

Time: 1 Hour**Materials needed:**

Portable sound system
 iPod or CD with songs
 (Need more supplies for 4-H Dance Creation)

Evaluation Tool:

End of Meeting
 Questionnaire
 Pre/Post Survey
 Open Ended
 Questions
 Activities & Games
 Checklist
 Show of hands
 Interview
 Quotes

- Listen to directions and pay attention to the dance.
- Respect others and their feelings .

Choose three songs from Appendix B

- 1.) Warm up song
- 2.) Review steps to song 1
- 3.) Perform song 1
- 4.) Play game from Appendix C
- 5.) Review steps to song 2
- 6.) Perform song 2
- 7.) Review steps to song 3
- 8.) Perform song 3
- 9.) Cool down song

Activity 2: Nutritious snack. (Optional)

Review MyPlate and have youth create one snack from Appendix F.

Reflect:Share:

How do you feel after dancing today?

Was it easy to be physically active?

Process:

Did anyone have any issues with any of the dances today?

How did you handle it?

Generalize:

Why is being physically active important?

Why is increasing our flexibility important?

Apply:

How can you be more physically active?

What are other ways we can increase our flexibility?

Extended Learning: May include a nutrition lesson.

Potential Partners: After school groups, YMCA, FRYCS, Girl Scouts, schools, PE teachers.

Volunteer Involvement: Volunteers could lead dances or provide a healthy snack.

Teen Involvement: Teens could lead dances.

Supporting Multi-County/District/State Events: 4-H Health Month

Appendix B

4-H Dancefit Choreography Notes

Warm Up

Stronger



Intro music	16 counts before the start of movement
Verse 1	Marching 16 counts Step touch starting to the right for 16 count (8 sets) Step touch adding arms- pulling motion for 8 counts (the arms reach out as you step and pull in when you touch)
Chorus	Step side with leg extending back, arms continue pulling motion 8 counts Side step with knee bend, arm in "L" shape 8 counts (arms out to the side as you step, pull elbows together as the knee bends) Repeat
Verse 2	Walking forward for 4 counts, clap Walking back for 4 counts, clap Grapevine right Grapevine left Repeat
Chorus	Step side with leg extending back, arms continue pulling motion for 8 counts Side step with knee bend, arm in "L" shape for 8 counts (arms out to the Side as you step, pull elbows together as the knee bends) Repeat
Breakdown	Step legs apart, a little wider than shoulders 4 squats with arms raising out to the side 4 toe raises, arms reaching up Bend down into a squat, stay down, hands on knees, press right shoulder in and back Press left shoulder in and back Roll up and jump together and jump out
Chorus	Step side with leg extending back, arms continue pulling motion for 8 counts Side step with knee bend, arm in "L" shape for 8 counts(arms out to the Side as you step, pull elbows together as the knee bends) Repeat
Cool down	Raise arms up above head as you inhale for 4 counts Lower arms as you exhale for 4 counts Repeat 2 more times



Part of Me



Verse	Box Step Slow 16 counts Box step fast 32 counts
Chorus	Single, single double arms 32 counts Step behind pull down right left 8 counts Single, single, double arms 16 counts
Verse	Box step slow 16 counts Box step fast 32 counts
Breakdown	Squats (slow) 8 counts Rock step right, 123, rock step left 8 counts (4 x)
Chorus	Single, single double arms 32 counts Step behind pull down right left 8 counts Single, single, double arms 16 counts Repeat

Dance Again



Intro	Bounce left and right with arm pump 8 counts
Verse	Stomp right foot hip out 8 counts Turn in circle stomping 8 counts Repeat on left March and clap 16 counts
Chorus	Rock step right, 123, rock step left 8 counts Bounce left and right with arm pump 8 counts
Verse	Stomp right foot hip out 8 counts Turn in circle stomping 8 counts Repeat on left March and clap 16 counts
Chorus	Rock step right, 123, rock step left 8 counts Bounce left and right with arm pump 8 counts
Breakdown	Salsa out right, then left 8 counts March and clap 16 counts
Chorus	Rock step right, 123, rock step left 8 counts Repeat until end

Footloose

Introduction	Step touch right and left
Verse 1	Step together right then left then right for three Step together left then right then left for three Repeat above 5 x
Chorus	Kick right, kick left, repeat Twist and raise arms up for 4 and down for 4 counts Repeat above 3 x Step touch right and left until 2 nd verse
Verse 2	Step together right then left then right for 3 counts Step together left then right then left for 3 counts Repeat above 5 x
Chorus	Kick right, kick left, repeat Twist and raise arms up for 4 and down for 4 counts Repeat above 3 x
Breakdown	Monkey arms on right for 8 counts Monkey arms on left for 8 counts Clap up on right, up on left, down on right, down on left 3x Run in place until chorus
Chorus	Kick right, kick left, repeat Twist and raise arms up for 4 and down for 4 counts Repeat above 3 x Monkey Arms 4 counts on each side Step touch right and left until end



I'm a Believer

Verse 1	Box step 7 x
Chorus	Pony right then left, repeat Kick right and left for 4 counts Pony right then left, repeat Kick right and left for 4 counts Arms up with hand flick 4 counts Arms down with hand flick for 4 counts Twist for 16 counts
Verse 2	Box step 7x
Chorus	Pony right then left, repeat Kick right and left for 4 counts Pony right then left, repeat Kick right and left for 4 counts Arms up with hand flick 4 counts Arms down with hand flick for 4 counts Twist for 16 counts
Breakdown	Freestyle

Cool Down



Kung Fu Fighting

Intro (start at Ohs)	Lunge to right with kung fu hands Lunge to left with kung fu hands
Chorus	Right elbow out then back Kung fu move Feet together Left elbow out then back Kung fu move Feet together Repeat
Verse	Grapevine (4 counts right, left, up, back) 2 x
Chorus	Right elbow out then back Kung fu move Feet together Left elbow out then back Kung fu move Feet together Repeat
Verse	Grapevine (4 counts right, left, up, back) 2 x
Chorus	Right elbow out then back Kung fu move Feet together Left elbow out then back Kung fu move Feet together Repeat
Verse	Grapevine (4 counts right, left, up, back)
Chorus	Right elbow out then back Kung fu move Feet together Left elbow out then back Kung fu move Feet together Repeat

We Will Rock You



Intro	Stomp right, stomp left, clap (8x)
Verse	Pump right arm up 2x Pump left arm up 2 x Repeat Stomp right, stomp left, clap 4 x
Chorus	Arms above head, swing right 2 x Swing left 2 x, left 2 x, left 2 x Stomp right, stomp left, clap 4 x
Verse	Step right together right together moving forward arms make swim motion Left together left together moving forward arms make swim motion March back 8 steps (slow with tough face)
Chorus	Arms above head, swing right 2 x Swing left 2 x, right 2 x, left 2 x Stomp right, stomp left, clap 4 x
Verse	Pump right arm 2 x Pump left arm up 2 x Repeat Stomp R, stomp L, clap 4 x
Chorus	Arms above head, swing right 2 x Swing left 2 x, right 2 x, left 2 x Stomp R, stomp L Clap 4 x
Bridge	Step together step touch, right Step together step touch, left Repeat Air Guitar Solos (fade out song)

YMCA



Verse 1	Feet apart (hips loose) 8 counts right arm pointing from left to right 8 counts left arm pointing right to left 8 counts right arm pointing from left to right V step (right, left, right, left) Clap clap
Verse 2	Feet apart (hips loose) 8 counts left arm pointing from left to right 8 counts right arm pointing right to left 8 counts left arm pointing from left to right V step (left, right, left, right) Clap clap 8 Quick jumps
Chorus	March in place, arms YMCA Repeat Grapevine right Grapevine left Grapevine right Grapevine left Repeat

