



During the Dance have students take their pulse to determine their Heart Rate whilst performing moderate intensity activity. Ask students questions whilst they are dancing to help establish if they are working comfortably.

After completion of all of the activities, have students discuss:

1. The changes to their body during the activity.
2. Why is moderate intensity activity good for you?
3. Why would this line dance be considered a moderate intensity activity?
4. The different types of activities they could do that would be considered moderate intensity activities.

WARM UP - Dance Attack Activity

High Five Tag

Area: flat, clear and even surface

Equipment: colour bands for taggers, marker cones to mark area

Description

2 students are chosen as taggers, the other students find a free space in the designated area. On 'Go' signal, taggers chase students. If tagged students stand still with one hand held high. Students can be released by another student passing them and giving them a high five. Change taggers frequently.

Safety

Tagging is only permitted between the shoulder and knee level.

Remind students to watch where they are going at all times.

Begin the game at a walking pace and increase intensity by changing locomotor patterns, such as jogging, skipping and galloping.

Moderate Intensity Activity

Dance Routine

Area: flat, clear and even surface

Equipment: CD Player and groovy music (*Suggestion: Myley Cyrus- Party In The USA*)

Description

Students learn all 4 steps and then link in the given order to create a line dance.

1. **Grapevine** - Step right foot to the right, step left foot behind right foot, step right foot to the right, bring left foot to meet the right foot. Repeat to the left - **Complete 4 Grapevines**
2. **Step Touch** - Step right foot to the right, bring left foot to tap beside right foot. Step left foot to the left, bring right foot to tap beside the left foot. - **Complete 8 Step Touches**
3. **Knee Lifts** - Step right foot to the right, lift left knee up. Step left foot to the left, lift right knee up - **Complete 8 Knee Lifts**
4. **Easy Walk** - Step right foot forward and to the right, step left foot forward and to the left, Step right foot back to beginning position, step left foot back to beginning position. - **Complete 4 Easy Walks**

When students have learned all steps and can link the combination together, they can then add in arm movements that they would like to include to the music.

Once students are comfortable with the routine it can be made into a turning line dance by turning the last (4th) easy walk to the right. The dance is then performed in the new direction.





Safety

Ensure students have their own personal space to dance within.
Ensure allocated times for students to re-hydrate.

Stretching

Click Here: [Muscle Stretching Resource](#)

When stretching, it is important to only stretch to a point of slight discomfort and not pain; if a stretch is painful it should be released.

Support materials and references

For Kids

1Seven article: [What is Physical Fitness?](#)

1Seven article: [How Hard Do I Have to Exercise?](#)

For Teachers & Parents

1Seven article: [Think Creatively & Get Your Child Moving](#)

Lesson Author: Lee Anton-Hem

Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
•	•	•			

Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
•	•	•				•	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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