

Dance

How to Use It

- While teaching a dance, assess your students' comfort, interest, and capacity to perform the dance, and adjust accordingly. Once a dance is learned, use the SPARK It Up! extensions to add variety.
- If a dance is too difficult, decrease the number of moves, simplify, and slow down. SPARK suggests repeating the dance learned in the previous class and using SPARK It Up! extensions to embellish.
- If time allows for more than 1 ASAP and 1 dance per class, have the next dance and music ready.
- Review the assessment sample provided on SPARKfamily.org. The Dance Performance Rubric is an observational tool you can use to collect skill development data.
- Each dance has an accompanying Prompt Page which is a simplified and magnified version of the dance steps. Use the original activity page when instructing a dance for the first time, then use the Prompt Page for reviewing the dance next class.
- A sample unit plan based on an instructional model of three 30-minute PE classes per week is provided on SPARKfamily.org. An entire unit of dance may be taught in 1 month or integrated throughout the year.

Teaching Tips

- During dance instruction, vary the formations (e.g., individuals scattered in the activity area, in pairs, in a large circle, with groups, in lines, etc.).
- Use the "part to whole" method for teaching dances with more than 2 steps. Teach one part, then add the music. Teach another; add the music, and so on, until the entire dance is learned. Allow students to practice steps numerous times to develop muscle memory.
- Say "join hands" rather than "hold hands."
- Help students remember their right and left by showing them that only with their left hand can they make a capital "L" with their thumb and index finger.
- Dance integrates easily with other subjects. For example, during warm-up or cool-down, discuss the country of origin, cultural, social, or historical points of interest. In the classroom, locate the country on the world map.

Music

- Ensure your music source is loud enough for all to hear. Using a wireless microphone helps students hear your signals over the music.
- Use a remote for starting/stopping music.
- You may download the SPARK Physical Education Program Grades K-2 Music CD.

Safety

- Ensure your activity area has adequate space and is free of obstacles.
- Create an atmosphere where students are free to express themselves through movement. Share your expectations for class participation and behavior. Remind all to respect others and their feelings, and encourage everyone to dance in their own style.
- Change partners often when students are paired for a dance.