

Tandalay Fitness News

Grades 3-5

Rhythm, Dance, and Cultural Dance

GET UP AND DANCE!

All kinds of physical activities work your muscles, but not all activities are as much FUN as DANCING! That's right -- not only is dancing fun, it's also great exercise! So stand up, do a few simple stretches, and get ready to learn some new moves!

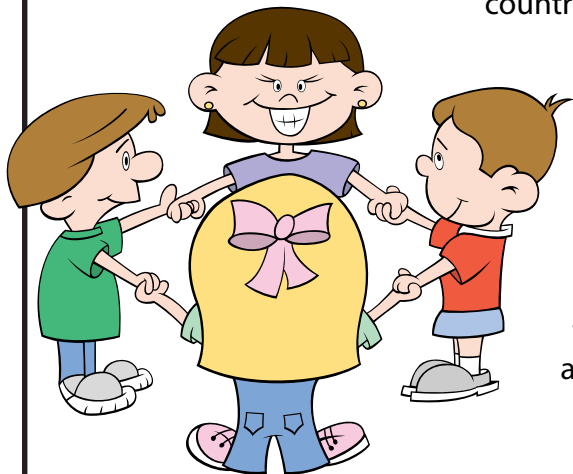
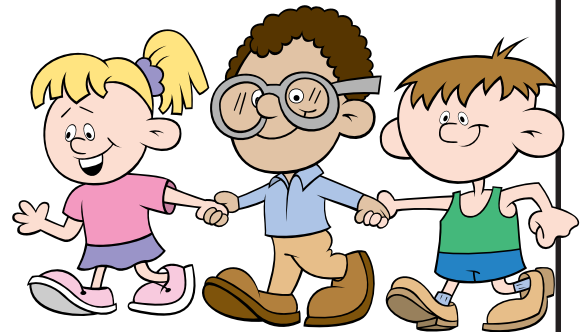
Dancing will help you strengthen your muscles, and can also build endurance -- all you have to do is have fun just a little bit longer each day!

Dancing is about moving your body. Some kinds of dancing you make up as you go along. Some kinds of dance are done in a specific way, with special steps and a certain type of music. Once you learn the steps, it can be a lot of fun to do these dances alone or with a group of people.



Folk Dance: Folk dances are group dances that have developed over many many years in a certain country or area. They are usually danced to special music, and everyone does the same steps at the same time. Folk dances can be done as a performance for people to watch, but they really started as a way for everyone to celebrate together at parties and events. Some examples of folk dances are: clogging, Irish dance, square dance, sword dance, and folklorico.

Line Dance: Line dances are dances where everyone stands in one or more lines, and does the same steps at the same time. Sometimes all the dancers face the same direction. Sometimes there are two lines of dancers facing each other. Sometimes a leader leads the whole line of dancers around the dance floor! Some folk dances are line dances. There are also line dances that are not folk dances. They come from a certain time period (like the Charleston or the cha cha), or are connected to a certain song or type of music (like country western line dances).



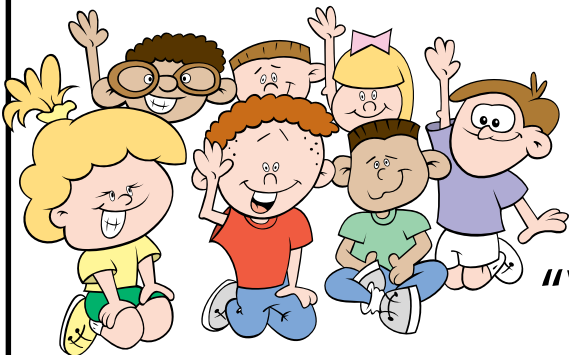
Circle Dance: Circle dances are danced in (you guessed it!) a circle! Sometimes everyone joins hands, or puts their hands on each others shoulders. Other dances just have a circle formation. Many countries have folk dances that are danced in circles (Greece, Africa, Israel, Serbia, South and North America, and more!). There are also modern circle dances, which may be fast or slow, serious and thoughtful, or full of fun and laughter!

Which is your favorite dance to watch?

Which is your favorite dance to do?

Which one can you do best?

“Who likes to dance?”



“We do!”

dance fever!

- Show a friend or family member one of the dances you learned in class. Can you remember the different steps in order?
- Ask a friend, parent, or grandparent if they know any dances they can teach you. You might get to hear some interesting music or learn some new moves!
- Make up your own dance and practice it at home. When you know it well, invite someone else to join in the fun!
- It's a lot of fun to learn new dances, but sometimes you just want to crank up the music and dance any way you want! Have fun!

Focus Standards for Rhythm, Dance, and Cultural Dance!

1. Motor skills and movement patterns:
 - a. Perform flexibility exercises that will stretch specific muscle areas for given physical activities (NASPE Standard 3; CA 5-3.6).
 - b. Perform a basic rhythm sequence to 4/4 time (revised NASPE Standard 1).
 - c. Develop patterns and combinations of movements into repeatable sequences (NASPE Benchmark for fourth grade).
 - d. Demonstrate correct patterns for a variety of dance movements (e.g., grapevine, cha cha, Charleston, polka, etc.) (Revised NASPE Standard 1.)
2. Describe healthful benefits that result from regular and appropriate participation in physical activity.
3. Demonstrate respect and caring for a less-abled peer through verbal and nonverbal encouragement and assistance (revised NASPE Standard 5).
4. Identify positive feelings associated with participation in physical activities (NASPE Standard 6).
5. Newsletter topic/written assessment: Muscular strength/endurance Define the terms folk dance, line dance, and circle dance (CA 3-2.6). Compare and contrast folk dances, line dances, and circle dances (CA 3-2.7).