Dance Lesson Ideas To Use When Teaching Physical Education Remotely

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**Introduction:**

As we all look at returning to our classrooms and our students, we have never been more apprehensive, anxious, uncertain and scared. Rest assured we are all in this storm together, but all in different boats that have different directions, expectations and dilemmas.

The purpose of this publication is to attempt to help, in some small way, all our dedicated physical educators. Some of you have asked for virtual dance ideas. That is what you will find here. Dances with directions and videos. They are grouped by grade levels, but feel free to adapt and change and use as you see fit. Dance can be a perfect fit to virtual learning. It requires no special equipment and social distancing can be easily practiced!

**Tips for Teaching Dances Virtually:**

\*If you are teaching via Zoom or some virtual platform, practice a little beforehand. You DON’T have to be perfect!

\*Face your class and mirror the movements. It might take a little practice to say move left, but move to your right, but the students will find this movement much easier to learn.

\*The human brain likes repetition so “Repeat to remember and remember to repeat.” Everyone learns better when an action is repeated more than once.

\*Movement should be challenging, but not frustrating. There is enough frustration in the world right now. Keep it fun and easily learnable.

\*Try putting the music on and clap, march, jump etc. just to encourage movement and introduce the song. Then teach the steps. PERFECTION IS NOT REQUIRED!

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Dance for K-2:

[**Locomoter Skills with Locomotion Dance**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132910#.X0Axl8hKhyw): This dance is a series of basic locomotor skills done in rhythmic patterns. It also incorporates action words like wobble, wiggle, and march, as well as directional words like up, down, right and left.

The dance does ask the students to form a line and move around the room. Your students learning virtually can either stay in place or move around the area they are in at home.

Creative Movement Warm-up for PK-2:

[**Going on a Bear Hunt**](https://www.dropbox.com/preview/Going%20on%20a%20bear%20hunt%20THROUGH%20THE%20WOODS.pptx?role=personal)**-** This is a power point with the song, “Going on a Bear Hunt” imbedded in it. During the intro and chorus children should march, run, slide, skip to the music following what is on the slide. When they get to verses about going under, over, around etc. they will need to move according to the words of the song. This should challenge students to move on low, medium and high levels as well as use creativity to get through the tall grass, gooey mud, etc. Have fun with it and encourage everyone to use his/her imagination!

Dance for K-5:

[**Dancing with the Skeletal System**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133212#.X0A3GshKhyw) -This activity is a simple routine that puts movements of different parts of the body with the names of the skeletal bones that are being used in the movement.

There is a diagram included of the skeletal system. These movements could be taught as the bones of the body are learned!

Dance for Secondary 6-12

[**Jumping Jack Mania**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8411#.X0UwBchKhyw) –This fitness-based activity can increase cardiovascular endurance, while at the same time incorporating rhythm and coordination challenges. Used at the high school level, this combination could be used as part of an aerobic fitness challenge.

[**Beat It Line Dance**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10140#.X0U238hKhyw) **-** The students will be able to correctly perform the 32 count Beat It line dance, staying with the music, and be able to list facts about the 1980's. This dance would make an excellent warm-up activity.

There are some interesting introductory ideas listed on the lesson plans concerning life in the 80s.

[**Stuck Like Glue Line Dance**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10704#.X0U6e8hKhyw) - Country music has long been associated with line dancing. Ask students if they can name a country singer, group or song. There have been many popular line dances through the years. The challenge is to perform a 4-wall country themed line dance, staying with the music and remembering the sequence of the steps.

The dance can be taught with or without turns. Challenge students to create their own movements, add arms, etc.

[**Dancing With Glee**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10548#.X0VBjMhKhyw) – This is a 32 count dance done to “Proud Mary” as performed by the cast of the TV show Glee. The tempo of the song starts out slow, but soon gets fast!

This could be used as part of an aerobic workout or as a warm-up. As students learn the combination ask them to put their own interpretations in the movements.

Everyone Can Dance in the Classroom

[**Dancing In the Classroom**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133028#.X0U-EchKhyw) - Many of you are not in your gyms and must bring physical education to the classroom. Try this simple rhythm activity that can be done in the classroom with each student at his/her desk. Any type of movement can be used! Remember the brain is learning patterns and sequences, the body is moving, and learning is occurring!

The All School Celebration!

[**Bleacher Dance**](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11719#.X0VGCchKhyw)**:** Adding to School Spirit -Things will get back to some kind of normality! We will be able to celebrate and hug one another again!

Here is a dance that could possibly be taught to the entire school virtually and then on that big day when we all get back together, we can all dance together!

**Additional Dance Lesson Ideas/Videos**

[PE Central’s Dance Ideas of the Month Archive](https://www.pecentral.org/lessonideas/dance/danceofthemonth.html)

[PE Central’s You Tube Channel](https://www.youtube.com/channel/UCp8gazYpD0y0Xm5J3YSpwnQ)