Developing Physical Literacy through DANCE

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PLEASE TAG AND TWEET YOUR PICS and VIDEOS!

@DANCEPL3Y

DANCE. SWAGGA. TWEET.
TODAY’S LEARNING GOALS

I can demonstrate a variety of motor skills and movement patterns as I participate safely in dance activities.

I can make connections between dance and other disciplines.
Developing Physical Literacy through Dance

PHYSICAL LITERACY DEFINITION...

Physical literacy
is the...

physical competence

motivation
knowledge valuing

confidence

...to be active for life

Sport for Life

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4 ELEMENTS OF PHYSICAL LITERACY

Motivation and Confidence (Affective)

Physical Competence (Physical)

Knowledge and Understanding (Cognitive)

Engagement in Physical Activity for Life (Behavioral)
A QUALITY PHYSICAL LITERACY PROGRAM...

- Develops FUNDAMENTAL MOVEMENT SKILLS
- Fosters CONFIDENCE
- Inspires CREATIVE EXPRESSION
- Promotes POSITIVE SOCIAL INTERACTION
- Supports MULTIDICIPLINARY experiences
FUNDAMENTAL MOVEMENT SKILLS

LEAP      JUMP      THROW      GALLOP

HOP       CATCH     RUN        BALANCE

LOG ROLL  DODGE     KICK

AND...

BEND      TWIST     SPIN       PIVOT

STRETCH   STOP      SHUFFLE   ETC....
3 Rules of PL3Y

Be Positive
Be Fun
Be Yourself
DANCEPL3Y

BUBBLE OF AWESOME

#BUBBLEOFAWESOME
@DANCEPL3Y
WE ARE ONE (OLE OLA) by PITBULL

CHORUS COMBO
OUT OUT IN IN
321-CLAP
CHORUS COMBO
OUT OUT IN IN
321-CLAP
CHORUS COMBO
SALSA
CHORUS COMBO

FMS: Jump
FMS: Gallop
Element of Dance: Low/High
Multidisciplinary: Latin

CHORUS COMBO:
HANDS UP AND WAVE X8
ARMS OUT WALK AROUND IN CIRCLE 4
HEART-HEART-OPEN
[Gallop 4321- Clap 4321] X4

Choreography provided by
DANCEPLAY
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DARK HORSE by KATY PERRY

Developing Physical Literacy:
FMS: Leap
FMS: Weight Transfer
FMS: Core strength/Balance

STEP STEP - BOUNCE BOUNCE
WATERMELON TAI CHI
TAP AND LEAP
WATERMELON TAI CHI
TAP AND LEAP
STEP STEP - BOUNCE BOUNCE
WATERMELON TAI CHI

Choreography provided by
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WIPE OUT BY THE SUFARIS

- SWIM FORWARD
- SURF JUMPS
- SWIM BACKWARDS
- SURF JUMPS
- DOGGY PADDLE
- SURF JUMPS

FMS: Leap
Element of Dance: Bounce
Element of Dance: Slow
BOUNCE GENERATION by TJR & VINAI

Developing Physical Literacy: FMS: Jump, Hop, Shuffle
Element of Dance: Big/Small
Sports-theme: Basketball

BOUNCE A BASKETBALL: BIG + SMALL
FAST FEET
SHUFFLE 4 + JUMP 4
JUMP (2 FEET) 32
HOP 16 RIGHT – HOP 16 LEFT

BOUNCE A BASKETBALL: BIG + SMALL
WALK IT OUT
FAST FEET
SHUFFLE 4 + JUMP 4
JUMP (2 FEET) 32
HOP 16 RIGHT – HOP 16 LEFT

Choreography provided by DANCEPLAY3Y
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LOOK WHAT YOU MADE ME DO by TAYLOR SWIFT

Developing Physical Literacy
Element of Dance: Symmetry
FMS: Running
FMS: Balancing
InterACTIVITY: Eye Contact
Mindset: Playfulness

Balance + Eyes
Zombie Arms Up-Down-Walk 4
Fast Feet
COMBO
Zombie Arms Up-Down-Walk 4
Running Man/Freestyle
Fast Feet
COMBO
Tippie Toe + Balance + Eyes
Fast Feet
COMBO X2

Choreography provided by
DANCEPL3Y

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SHAKE IT OFF by TAYLOR SWIFT

Developing Physical Literacy:
FMS: Jump
FMS: Twist
FMS: Hop
Element of Dance: Shake

4 JUMPS + TWIST
CLAP COMBO

5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
4 JUMPS + TWIST
CLAP COMBO

5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
EXTENDED SHAKE

1-2-FREEZE, CLAP COMBO + TWIST
5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
EXTENDED SHAKE

Choreography provided by
DANCEPL3Y

Developing Physical Literacy through Dance
HAPPY by Pharell Williams

Developing Physical Literacy:
FMS: Twisting
FMS: Balance

Interpersonal Skills: Partners

SWIM – TWIST
STEP CLAP
SWIM – TWIST
STEP CLAP
PARTNER PADDY CAKE
SWIM – TWIST
STEP CLAP
PARTNERS PADDY CAKE
SWIM – TWIST w A PARTNER

Choreography provided by
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FIGHT SONG by RACHEL PLATTEN

Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
1-2-Open
COMBO
Skip
1-2-Open
COMBO
Slow Arm Wave
Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
COMBO
Hearts in the Sky

COMBO:
Punch-Punch-Freeze X8
Lean...Lean...Freeze X3
Stomp-Stomp-Clap-Reach Up.
Stomp-Stomp-Clap-Muscles.

Developing Physical Literacy:
FMS: Skip
Element of Dance: Sequence
Element of Dance: Wave
Meaningful Connections

Choreography provided by
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HOW DID WE ADDRESS THE 4 ELEMENTS OF PHYSICAL LITERACY WITH THE DANCES?
TO DEVELOP **PHYSICAL LITERACY** through **DANCE**...

- Integrate Fundamental Movement Skills
- Explore a range of movements from different disciplines
- Focus on student success
- Provide opportunities for challenge
- Inspire imagination and creative thinking
- Foster growth mindset
- Allow students to get interACTIVE
- Facilitate meaningful connections
WORLD LEADER IN DEVELOPING PHYSICAL LITERACY AND KEEPING STUDENTS ACTIVE WITH DANCE

PRE-CHOREOGRAPHED RESOURCES INSTRUCTOR TRAININGS IN-SCHOOL WORKSHOPS FOR STUDENTS

www.dancepl3y.com
Get access to 10 Dance Routines Designed to Develop Physical Literacy

(includes tutorial video plus detailed choreography/coaching notes)

New dances updated each month!

Go to learn.pl3yinc.com/courses/dances-for-physical-literacy

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