Name of Activity	
Dance Your Heart Out!	
Submitted by	**Tracy Sharlow**
National Standard(s)	**Standard 1**
Grade Level Outcome or Performance Indicator	**S1.E5.1** Combines locomotor and nonlocomotor skills in a teacher designed dance.
Activity Objective	**Students will participate in locomotor and nonlocomotor movement/dance routines and transition independently between the songs**
Grade(s)	**Adapted PE**
Materials	**iPod with a 3 song medley playlist (i.e. YMCA, Cupid Shuffle/, Bop Till You Drop with 30 second transition tunes between songs/ iPod dock/Poly Spots/center circle in gym/ cones to mark the run for YMCA**
Activity Description	

The objective of this lesson is to have your students successfully perform/dance to 3 dances with smooth transitions between the songs. Three of my students favorite dance songs that I created a playlist for are YMCA, Cupid Shuffle, and Bop Till You Drop

YMCA: Student run around the gym until the chorus transition of 4 beats into the YMCA chorus. They stop/freeze and perform 4 stationary vertical jumps to the boom, boom, boom, boom preceding the "YMCA" vocals then perform the well known YMCA arm movements 2 times, perform arm rolls to right then left side of body or free dance until "YMCA" returns, repeat till end of chorus, then change direction and run until the YMCA chorus comes back on, stop and perform the YMCA arm movements. Repeat to end
TRANSITION: Use a fun ringtone of 30 seconds for them to transition to the poly spots that are set up in line dance formation for the Cupid Shuffle.
CUPID SHUFFLE: 4 steps to the right/ 4 steps to the left/ kick 4x R,L,R,L/ Turn around to the count of 8 beats. Repeat the steps. (teacher demonstrates from the front of the room)
TRANSITION: Use a ringtone of 30 seconds for them to transition to the center circle
BOP TILL YOU DROP: A "Greg and Steve" The students follow the directions of the song returning to the circle for Bop Till You Drop move

Modifications	
Include ways to modify this activity for advanced, lower level and inclusion students.	