GetActive@Home

Episode 3 - Dancing

Stage 2

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- Perform the following sports star movements to music:
  - Arms up in the air, spin around, take three quick steps (Thorpedo).
  - Pretend to dribble a basketball, hop to each side (Jordan/LeBron).
  - Step to the side, pretend a forehand and backhand strike (Barty).
  - Lunge forward, step behind, pretend to pass a football (Smith).
- Perform each of these movements: Thorpedo, Jordan/LeBron, Barty, Smith for a count of four.

Mega Challenges

- Perform each of the Challenge movements , then add:
- Alone - Three steps, tap the heel then alternate feet (Kerr).
- With a partner - Inside foot, onside other foot, tap the heel (Kerr).
- Repeat this sequence three times.

Other variations

With a partner try:

- making different movement combinations
- add a piece of sports equipment to the movement
- moving to music with a slow and fast tempo



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Samplequestions

How do I combine movements to make a sequence?

How can I put the movements in order to make a smooth sequence?

How does the tempo of the music influence how I move?

Teaching cues

Ian Thorpe 'Thorpedo' (Swimming).
Michael Jordan/LeBron James (Basketball).
Ash Barty (Tennis).
Cameron Smith (Rugby League).
Sam Kerr (Soccer).

Equipment

A variety of music across a range of tempos.

NSW GOVERNMENT Education

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- Perform each of these movements: Thorpedo, Jordan/LeBron, Barty, Smith for a count of four.

Mega Challenges

- Perform each of the Challenge movements , then add :
- Alone - Three steps, tap the heel then alternate feet(Kerr).
- With a partner - Inside foot, onside other foot, tap the heel (Kerr).
- Repeat this sequence three times.

Other variations

With a partner try:

- making different movement combinations
- add a piece of sports equipment to the movement
- moving to music with a slow and fast tempo



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How do I combine movements to make a sequence?

How can I put the movements in order to make a smooth sequence?

How does the tempo of the music influence how I move?

Teaching cues

Ian Thorpe 'Thorpedo' (Swimming).
Michael Jordan/LeBron James (Basketball).
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Equipment

A variety of music across a range of tempos.