

**DANCEPL3Y**

**Developing Physical  
Literacy through DANCE**

# TODAY'S LEARNING GOALS

Today we are **collaboratively** **creating** **movement sequences** using elements of dance and ideas inspired by **purposeful play**.

## SUCCESS CRITERIA

I can **contribute ideas**

I can **listen** to others

I can **participate actively**

I can **try different activities**

I can **have a growth mindset**

I can connect **ideas with movements**

# PHYSICAL LITERACY DEFINITION...



[sportforlife.ca](http://sportforlife.ca)

# A QUALITY PHYSICAL LITERACY PROGRAM...



# 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**

# 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**

#BUBBLEOFFAWESOME

@DANCEPL3Y



# HERNANDO'S HIDEAWAY

## by ALFRED HAUS' TANGO ORCHESTRA



Developing Physical Literacy:

FMS: Balance

FMS: Run

Element of Dance: Zig Zag

Culture: Argentina

**3-2-1- TANGO**

RUN

BALANCE

**3-2-1- TANGO**

RUN

BALANCE

**3-2-1- TANGO**

Choreography provided by

**DANCEPL3Y**

[www.dancepl3y.com](http://www.dancepl3y.com)

# 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

**DANCEPL3Y**

[www.dancepl3y.com](http://www.dancepl3y.com)

# FIGHT SONG by RACHEL PLATTEN



## Developing Physical Literacy:

FMS: Skip

Element of Dance: Sequence

Element of Dance: Wave

Meaningful Connections

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.

Choreography provided by

**DANCEPL3Y**

[www.dancepl3y.com](http://www.dancepl3y.com)

# PLAYLIST – UBC Dec 2017

**DANCEPL3Y**

Name	Time	Album	Artist
1 Good Feeling	4:07	Good Feeling - Single	Flo Rida
2 Where Are Ü Now (with Justin Bie...)	4:10	Skrillex and Diplo Present Jack Ü	Skrillex & Diplo
3 Dark Horse (feat. Juicy J)	3:36	PRISM (Deluxe Version)	Katy Perry
4 Shake It Off	3:39	1989 (Deluxe Edition)	Taylor Swift
5 We No Speak Americano (feat. Dc...)	2:58	Z103.5 Summer Rush 2010	Yolanda Be Cool
6 Hernando's Hideaway	2:40	Tango	Alfred Hause's Tango Orchestra
7 Can't Stop the Feeling	3:56	CAN'T STOP THE FEELING! (Orig...)	Justin Timberlake
8 Bounce Generation	3:49	Bounce Generation	TJR & Vinai
9 Happy (from "Despicable Me 2")	3:53	Happy (from "Despicable Me 2") -...	Pharrell Williams

# DANCEPL3Y

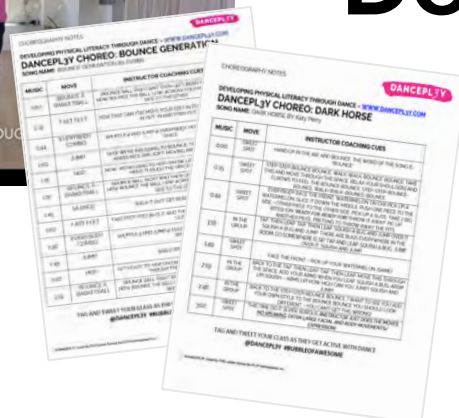
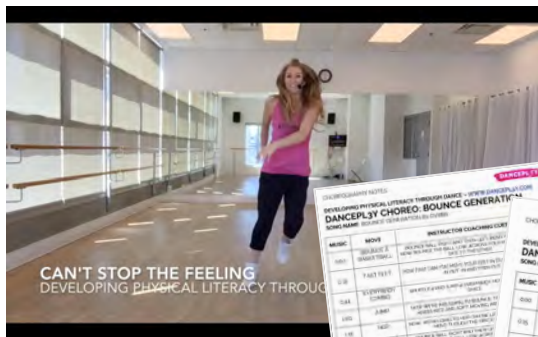
## DANCES FOR PHYSICAL LITERACY

# 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](http://learn.pl3yinc.com/courses/dances-for-physical-literacy)



# DANCEPL3Y

WORLD LEADER IN DEVELOPING  
PHYSICAL LITERACY  
AND KEEPING STUDENTS  
ACTIVE WITH DANCE



WE OFFER

**INSTRUCTOR TRAINING COURSES**

**SCHOOL WORKSHOPS AND PD SESSIONS**

**PHYSICAL LITERACY PROGRAMS AND RESOURCES**

**LEARN MORE AT [www.DANCEPL3Y.com](http://www.DANCEPL3Y.com)**