

# Try Everything

## **SOLs:**

### **Physical Education**

#### Skilled Movement

- 4.1 The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities.
  - b) Demonstrate moving to a rhythm (e.g., perform a variety of educational dances with different international and regional American formations; create educational dances with apparent beginning, middle, and end, combining shapes, levels, pathways, and locomotor patterns).
  - c) Perform smooth flowing sequences that combine four or more of the following movements: traveling, balancing, rolling, and other types of weight transfer.

#### Responsible Behaviors

- 4.4 The student will demonstrate positive interactions with others in cooperative and competitive physical activities.
  - a) Work productively and respectfully with others in achieving a common group goal.
  - b) Work toward positive solutions in resolving disagreements.
  - c) Demonstrate appropriate etiquette and application of rules and procedures.
  - d) Identify the contributions various cultures have made to sport, dance, and recreational pursuits.

### **Health**

#### Nutrition

- 4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.
  - c) Describe the importance of protein for growth and development.
- 4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury and that promote positive relationships.
  - c) Identify a variety of animal and plant-based protein foods.
- 4.3 The student will describe the importance of identifying and accessing health resources for personal and community health.
  - c) Design snack options that include protein, vegetables, and fruit.

### **Objectives/Goals**

- I can explain the importance of protein for growth and development.
- I can distinguish between animal and plant-based proteins, and give examples of each.

- I can create a plan of healthy snack options that include protein, fruits and vegetables.

### Materials

- Video of Dance *Try Everything* by Tammy Hanna - [LINK](#)
- Music of Try Everything by Shakira, from Zootopia soundtrack
- Video recording device- optional
- *PE Metrics* assessment rubric - optional
- Example rubrics provided - optional
- Student Peer Assessment - optional
- Flipgrid - optional

### Lesson Steps:

#### *Step 1 Introduction & Connections to Health Content*

- Provide discussion with students about My Plate, and the food groups. Allow students to provide multiple examples of foods from each group.
- Focus on the fruits and vegetables groups and distinguish the differences between both
  - Fruits are the berry or blossom of the plant
  - Vegetables are the leaf, stalk or root of the plant
- Explain the importance of making healthy food choices and eating a variety of different foods can provide all vitamins and nutrients needed to grow and have plenty of energy.
- Have students share some of their favorite fruits and vegetables.

#### *Step 2 Basic Steps*

- Use the linked video to lead students in learning dance.

#### *Step 3 Practice*

- Allow students to follow the practice section of video.

#### *Step 4 Closure*

- Review the importance of trying new things with healthy food choices.
- Ask students create healthy snack options that have protein, fruits and vegetables.

### Assessments

- Student performance, both formative and summative, can be measured using a rubric. The instructor may comprise their own rubric using a likert scale, the rubrics provided or rubrics in *PE Metrics*.
  - Pre - have students learn the dance with the instruction section of the video, then watch and video record students practicing.
  - Allow students to use the practice segment of the video as a warm-up or part of future lessons in your Nutrition unit.

- After several practice sessions of the dance, record and post assess student performance
- Video recording is a valuable tool in assessment, especially when the class size is large and viewing all students at the same time is difficult. The instructor may review at their own pace, allowing for more accurate scoring.
- Creating a Flipgrid platform for students to submit performances is also another option. This is ideal for assessment when providing virtual or asynchronous instruction.
  - Create a free account with Flipgrid.com
  - Make an individual “Group” for each class. (This will help you to keep classes organized.)
  - Within the “Group” create a “Topic” for your Pre Test, and Create another “Topic” for your Post Test. Once you have created the instructions and details for one class you can use that as a template for all others to save time.
  - Application of Flipgrid can be used in class if computers are available (ex. a center or station activity), virtually or as homework asynchronously.
- Peer assessment is also another option. This can be done in student pairs with attention to specific criteria.
  - Each student has a paper that a partner completes on their performance of the dance. Partners take turns in watching the each other and complete the *Dance Peer Assessment* form
- Self assessment at the end of practice is also an option for quick feedback of student competency and affect.
  - Each student uses the *Dance Personal Assessment* form to reflect on their own performance of the dance.

### **Accommodations & Extensions**

- During initial instruction, have students face only forward and mirror the video.
  - For novice or unconfident movers, continue to perform the dance phrase only facing forward (do not make the quarter turn counterclockwise to face a new wall).
  - When students are more confident, add the quarter turn counterclockwise to face a new wall each time.
  - Place confident “leader” students on the perimeter of the dance space; right, left and behind the majority of the group. With this formation, when the dance turns to face a new direction skilled leaders will be in front to guide the group.
- Once competency is reached, the instructor may have students perform this dance at a special event (ex. PTO night, school performance, etc.).
- For student creativity and expression, have students give input on:

- Class formation - design of dancer placement in the dance space. (ex. straight lines vertically, straight lines horizontally, staggering lines with windows, pyramid, circle, square, etc.)
- Substitute one or two dance moves in the phrase, replace with other movements that the students choose. You can provide choices from existing moves they already know (ex. Fortnite, jazz, line dance, etc.) or they can make their own.

### Resources/References

- Notation of the Dance

#### ***Try Everything, Choreography by Tammy Hanna***

(Begin arm movement intro at the very beginning of music. Start phrase with lyrics)

*Intro & ending movements:*

Arms scoop from low, make full hinge circle at middle and stop at top with palms together (1-2, 3-4, hold 5-8)

Reverse – Arms come down, make full hinge circle at middle and stop with hands at legs (1-2, 3-4, hold 5-8)

Repeat up and down (1-2, 3-4, hold 5-8, 1-2, 3-4, hold 5-8)

*4-wall dance that repeats:*

Right step forward lunge 2-counts and back 2-counts, with right arm scoop to bicep flex and pull to the side – repeats forward/back rocking action 4 times (1-2, 3-4, 5-6, 7-8, 1-2, 3-4, 5-6, 7-8)

Left step forward lunge 2-counts and back 2-counts, with left arm scoop to bicep flex and pull to the side – repeats forward/back rocking action 4 times (1-2, 3-4, 5-6, 7-8, 1-2, 3-4, 5-6, 7-8)

Both hands 2 shots right high, 2 shots left high, 2 dribbles right low, 2 dribbles left low (1-2, 3-4, 5-6, 7-8)

Double time shots – 1 Right high, 1 left high, 1 right dribble low, 1 left dribble low, 1 Right high, 1 left high, 1 right dribble low, 1 left dribble low (1, 2, 3, 4, 5, 6, 7, 8)

Jump forward hold, jump back hold, 2 jumps forward and back (1-2, 3-4, 5, 6, 7, 8)

Quarter turn counterclockwise as you step right back hold, left back hold, right back, left back, right back, left back (1-2, 3-4, 5, 6, 7, 8)

Repeat phrase 4 times full. On 5th time (facing front) end after 2-shots and 2-dribbles with beginning arm movements

- *PE METRICS: Assessing Student Performance Using the National Standards & Grade Level Outcomes K-12 for Physical Education*, SHAPE America, Human Kinetics, ISBN: 9781492526667
- Peer Assessment - [LINK](#)
- Self Assessment - [LINK](#)
- Rubric I - [LINK](#)
- Rubric II - [LINK](#)



Virginia 2021 SOL Edition  
Created by Tammy Hanna  
**Dance Gr4-MSD-17**  
**Fourth Grade**

- My Plate - <https://www.myplate.gov/>
- Flipgrid - <https://info.flipgrid.com/>