

Best Friend

SOLs:

Physical Education

Skilled Movement

- 5.1 The student will demonstrate proficiency in movement skills and skill combinations in complex movement activities.
 - c) Perform different types of rhythm/dance sequences including American and international dances.

Movement Principles and Concepts

- 5.2 The student will understand and apply movement principles and concepts in complex movement activities.
 - c) Identify and apply principles of practice to enhance performance (e.g., form, consistency, repetition).
 - d) Use feedback, including available technology, to improve performance.

Personal Fitness

- 5.3 The student will describe short- and long-term benefits of engaging in regular physical activity.

Responsible Behaviors

- 5.5 The student will participate in establishing and maintaining a safe environment for learning physical activities.
 - a) Work independently and with others to improve learning during physical activity.
 - b) Display appropriate cooperative and competitive behaviors.

Health

Mental Wellness / Social and Emotional Skills

- 5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.
 - n) Identify components of healthy relationships and the social skills that are essential for building and sustaining relationships with family and friends.
- 5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.
 - n) Describe the benefits of healthy relationships with family, friends, and other adult mentors.

- 5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.
 - n) Identify healthy activities that students can do with friends and family to build positive relationships.

Objectives/Goals

- I can list the important components of a healthy relationship.
- I can identify the social skills needed for building and maintaining relationships with family and friends.
- I can describe the benefits of healthy relationships with others.
- I can identify healthy activities that can be done with friends and family to build positive relationships.
- I can demonstrate friendship skills.

Materials

- Video of Dance *Best Friend*, by Tammy Hanna - [LINK](#)
- Music of *Best Friend*, by Sofi Tukker – feat. NERVO, the Knocks, & Alisa Ueno
- 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 personal qualities needed to have a healthy relationship with friends and family (ex. kindness, concern, patience, accepting differences, etc.).
- Explain the importance and rewards of creating positive relationships with others.

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 the video.

Step 4 Closure

- Review the importance of being a good friend.
- Ask students to reflect on relationships in their lives that are strained or negative, and look for opportunities at school and in the community to participate in activities that build positive relationships.

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
 - Best Friend, Choreography by Tammy Hanna***
(Hold 4 sets of 8-counts.)
4-wall dance repeating phrase
Jump forward arms wave high, jump back arms wave low (counts 1-4, 5-8)
Right foot tap side, left foot tap side, right pivot turn, right pivot turn (counts 1, 2, 3, 4, 5, 6, 7, 8)
Right side step, together, step, together, left side step, together, step, together (counts 1, 2, 3, 4, 5, 6, 7, 8)
Right step-turn, left grapevine, end with quarter turn left counter-clockwise (counts 1-4, 5-8)
- *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](#)
- My Plate - <https://www.myplate.gov/>
- Flipgrid - <https://info.flipgrid.com/>