



1 2 3

Dancing With Math

PE Central – April-May
2015

Dance Idea of the Month

1 2 3

Step #1 – Creating a square

Place one card where you are standing

Move 4 steps to the R – Step, close, step, close - Place your second card on the floor

Move 6 steps (they must = your first 4) forward and place a 3rd card on the floor

Move 4 steps to the L (step, close, step, close) and place your 4th card on the floor

Move 6 steps back (they must = your 6 steps from the other side)

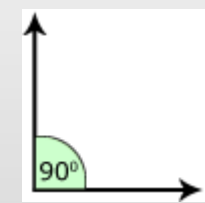


If you are successful you are back where you started and you have created a square.

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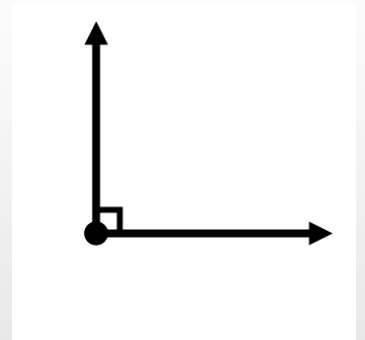
Step #2 - Jumping and
Creating a 90 Degree
Angle

From your beginning spot jump forward, jump backward, complete your 90 degree angle by jumping to the RLRL



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Can you put your
“square” movement
together with your 90
degree movement?



Now that you have created the math forms, can you add rhythm?

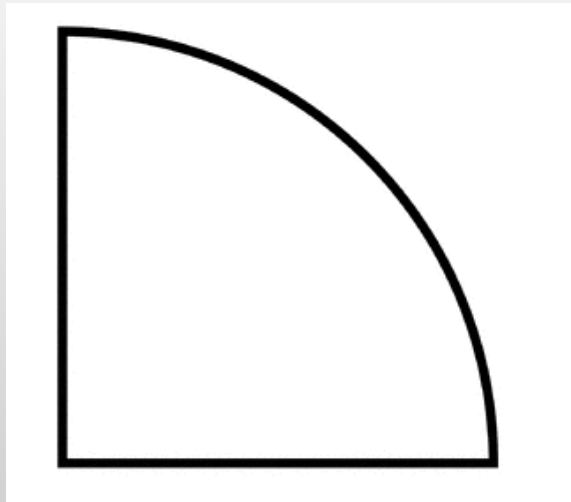
The square should take 16 counts to complete and the 90 degree angle is 8 counts. How will you count it?

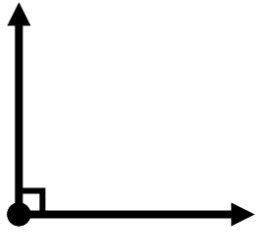
Step #3 - Making a
Straight Line – 180
degrees, and a

¼ turn – 90 degrees:

Touch your R foot out to the
R, touch it back in next to
your L foot

Take a step out to the R to
the 2nd card you placed and
slide the L foot over to the R
Pivoting on your L foot and
tapping your R foot make ¼
of a circle – 90 degrees

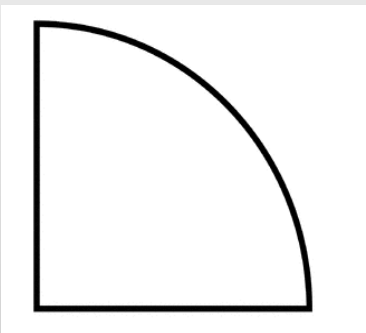


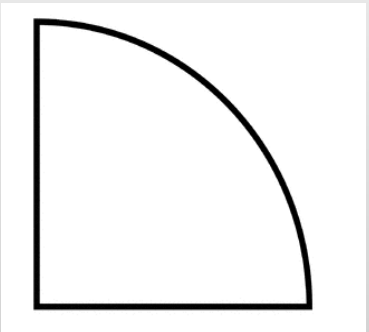
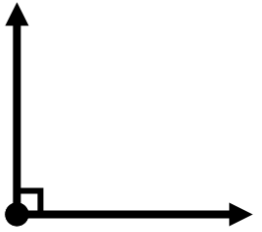


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Can you put it all together?

- Square
- 90 degree angle
- 180 degree line
- $\frac{1}{4}$ of a circle, 90 degrees





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Can you put it all together and put it to music?

- You will face each wall.
- You should always have markers on which to dance.
- Remember the order of the shapes!