

Group Games

Glob Tag

Have students spread out in the general space within the boundaries and then choose 2 students to be the “globs”. On the signal the remaining students try to avoid being tagged by either glob. If tagged they join hands with the glob and try and catch the other classmates. Once 6 students make up one glob they can split into 2 groups of 3. Play until only 2-3 students are left and choose them as your new globs.

Group Soccer

Divide class into groups of 3 and give each group a ball. In an area approximately 75 square feet make four goals. The object of the game is to have each group link arms and try to score as many goals as possible in 2-3 minutes. Before a goal can be scored all members must kick the ball.

Toss and Tag

Use age-appropriate objects for throwing and catching.

After introducing/reviewing the cue for throwing and catching to be focused on during this lesson (for ex. throwing: "follow through to your partner"; "twist your body"; catching: "give with your body"; "pull the ball in to your body"), students are arranged in a scattered formation with one ball for every two students (allow them to choose an object to throw).

As a musical selection is played or when the signal is given, the children proceed to throw and catch back and forth. When the music stops, the person that is holding the ball must chase and try and tag the other until the music comes on again. When the music starts again, students begin to throw and catch again (you might allow--or require--students to quickly change the object with another pair). Observe students during the activity to see if they are using the cues introduced when throwing and catching; give feedback based upon their use of these cues.

Two Pass Catching

Spread many balls of different sizes around the outdoor area. Each student has a partner, and the object is to pick up any ball, complete 2 passes with the partner, set the ball down, and move to another ball. To make this more challenging set a number for them to try to reach or you could set a time limit.

Variations: Two teams on either side of the line. On the signal "Go", players pick up balls, complete 2 passes, and roll the ball to the other side. The object is to get rid of the balls on your side.

Scarf Toss

Part 1. Partners, each with a scarf, toss their scarf and trade places with each other and catch their partner's scarf. If successful, back-up.

Part 2. Same procedure of tossing and trading places, but on the way across, each partner picks up their beanbag, then catches the scarf. If successful, back-up.

Mission Fitness

This activity allows students to work together to complete a list of exercises simultaneously. Divide class into six groups. Have each group set up at one of the designated cones (marked 1-6). Each cone will have a **Mission Card** beside it.

Example of a Mission Card #1: Complete the Following:

- Soccer Dribble a ball around a cone and back
- Basketball dribble 10 times each hand
- 15 Lateral Jumps
- Self catch a ball 10 times
- 10 push-ups
- Gallop 1 lap
- Jump rope 10 times

Students can start on the signal or when they hear the music. You may want to give them a minute to figure out how they are going to do all the tasks together before starting the music. For the Mission to be completed each person in the group **must** do the activities **simultaneously**. You may not start a new activity until everyone has completed the previous activity. On the first day of teaching this you may want to review how someone who is a fast runner could change their speed to accommodate the whole group.

Variation: Simultaneously each student must select 1 activity to complete.

Kickball Soccer

For every 6 students - 1 soccer ball, 1 poly spot, 2 hula hoops, 20 bean bags to be used as counters and two cones for the goal.

One team of three is up to bat and the other team of three is in the outfield. The first batter/kicker puts the soccer ball on the poly spot and kicks it anywhere in the field. Once the ball is kicked everyone on the batting/kicking team runs out and retrieves a bean bag from the hula-hoop placed 30-40 feet away and brings it back to the home hula-hoop. They continue running back and forth collecting bean bags until the fielding team makes an out.

To make an out, the fielding team must kick the soccer ball through the mini-goal and yell "OUT". Each player on the fielding team must kick/pass the ball to a teammate before the goal is scored. No player may kick the ball two times in a row. After everyone bats, count up the bean bags, return them to the outfield hula hoop and switch sides.

Hula Hoop Tag

Using 3 or 4 different color hula hoops give each student a hoop. Each student must stay inside their hoop while being chased by the designated "It" colored hoop. When tagged by "it" student's switch hula hoops and that student becomes the new "it".

Beanbag Capture

Place 8-10 hula-hoops in a circle and place 6 beanbags in each hoop Line up 3 students behind each hoop. On the signal all students will run to any hoop and grab 1 beanbag and bring it back to their hoop. This will continue for 2-3 minutes. The team with the most beanbags in their hoop at the end of the time period is the winner.

XXV. SQUARE DANCE



Before teaching a dance in “square” formation, the children should be thoroughly familiar with the basic calls to be used. These calls are best taught in a circle formation where the instructor can see and be seen by all of the students. Girls and boys should be alternated.

Vary the music! The children will then become accustomed to moving in various tempos and a change of tune adds to the enjoyment of the activity.

Teach the following calls in a SINGLE CIRCLE formation.

“HONOR YOUR PARTNER” - or *“salute your partner,”* or *“address your partner.”*

The boy faces to the right, swings his right hand in front of waist and, with his heels together, bends forward from the hips, and bows to his partner.

The girl faces to the left, holds her skirt out to both sides, steps back on the right foot, bending the right knee, and points the left toe. Or, the girl may place her right toe behind her left heel and bend both knees, and curtsies to her partner

“HONOR YOUR CORNER, or *“your neighbor.”*

This is done exactly as above, except that the partners turn away from each other. That is, the boy turns to the left and the girl turns to the right.

“CIRCLE LEFT,” or *“Circle right.”*

Everyone joins hands in a single circle and moves to the left or the right as the call may be.

“FORWARD AND BACK” All walk 4 steps forward and 4 steps backward to place.

“DO-SI-DO” or *“back to back,”* or *“Sashay round your partner”*

Partners face each other and walk forward, passing right shoulders, step sideways to the right on the 4th step, and then walk backward 4 steps to place. During this figure the boys generally fold their arms, chest high, and the girls hold their skirts out to both sides.

“DO-SI-DO YOUR CORNER”

Same as above, except that partners turn away from each other and do the figure with the person they then face.

“RIGHT HAND AROUND,” or *“right allemande,”* or *“right elbow swing”*

Partners join right hands, or hook right elbows, and turn once around, clockwise, to place.

“LEFT HAND AROUND,” or *“allemande left,”* or *“left elbow swing”*

Partners join left hands, or hook left elbows, and turn once around, counter-clockwise, to place.

“PROMENADE”

Partners face around the circle, counter-clockwise, side by side, boy on the inside, right hands joined over left hands. In this position they walk or skip around the circle.

“GRAND RIGHT AND LEFT”

Partners face each other and join right hands. The boy will be facing counter-clockwise and the girls clockwise. They walk forward, passing right shoulders and releasing right hands, and giving their left hand to the next person they meet. They pass left shoulders with this person, releasing left hands, and giving their right hand to the next person they meet. This continues until they meet their own partner, or until they meet and PASS their own partner and meet once again at the point from which they started.

“ALLEMANDE LEFT GRAND RIGHT AND LEFT”

All couples do an allemande left, back to place and then do a grand right and left.

NOTE: It is very helpful in teaching the grand right and left to let the children get a sense of the direction first by having the girls and boys do the movement separately. Have the boys stand in place, facing the center of the circle. Then the girls walk around the circle, going behind their own partner, in front of the next boy, behind the next, in front of the next, and go on around the circle until they get back to place. Then have the girls face the center and get back to place.

Then have the girls face the center and stand still while the boys walk around the circle, passing in front of their own partner, in back of the next and so on.

Next, have partners face each other. The boys stand still while the girls weave out and in, giving their right hand to their partner, left to the next, and so on. It must be understood that when right hands are joined, they pass RIGHT shoulders and when left hands are joined, pass LEFT shoulders. (A common mistake is to give the right hand and try to crowd through, passing left shoulders instead of passing on the open side). Then the girls stand still and the boys walk in and out, giving right hands to partners, left to the next and so on.

Having gone through the above procedures, the girls and boys should now be ready to move around the circle at the same time in a smooth and beautiful grand right and left.

“SWING YOUR PARTNER”

Partners face, right sides together, both hands joined, and turn clockwise with light running steps. Older children may use a social dance position hold and the buzz step - weight on the right foot and “push” with the left.

Teach the following calls in DOUBLE CIRCLE, partners standing side by side, alternate couples facing in opposite directions.

“SASHAY RIGHT AND RE-SASHAY”

The boy takes 4 slides sideward to the right, passing behind his partner, while the girl takes 4 slides sideward left. Both take 4 slides back to place, retracing their steps.

BASIC CALLS/ “SQUARE” FORMATION

“RIGHT HAND STAR” or “ STAR BY THE RIGHT or “RIGHT HAND MILL”

All four dancers place right hands in center of the circle and walk or skip around clockwise.

“LEFT HAND STAR” Same as above but using the left hand.

“LADIES’ CHAIN”

The girls join right hands and change to the opposite side. Each gives left hand to the boy standing there and turns once around with him. The girls join right hands again and cross back to their original place, then give left hand to partners and turn once around.

“RIGHT AND LEFT THROUGH”

All four dancers extend their right hand to the person opposite and exchange places with that person. They then give the left hand to the person beside them (their partner) and exchange places with that person. All dancers are now catty-cornered from their original position. A repetition of the preceding movements brings everyone back to place.

“FORWARD AND BACK AND PASS RIGHT THROUGH”

All take 4 steps forward, 4 steps backward, then 8 steps forward, passing right shoulders with the opposite person.

“ARCHES”

Head couples (1-3) step into the center, join hands above your head with your opposite person. Side ladies (2-4) tunnel through the arch and the side gentlemen swing the ladies one time around. The ladies return back to their partner through the arch.

“LADIES IN, GENTS SASHAY”

All couples join hands and form a circle and take 4 slide steps to the left. All couples drop hands and the ladies step in and the gents slide left in between the next ladies. The ladies back up, join hands and circle 4 more slide steps left. The same routine continues until the ladies get back to their partner.

“GRAND SQUARE”

This call takes place from a squared set. Side couples face their partner and back up two steps and turn and face their opposite person. Head couples walk in two steps and turn and face their partner. Side couples walk forward two steps and turn and face their partner. Head couples walk in two steps and turn and face their opposite person. The same routine continues until they get back to place. At that point they reverse the calls and the side couples walk two steps forward and face their partner. The head couples are now facing their partner and they back up two steps and face the opposite person. This same routine continues until they get back in place.

Teaching Tip: Students will be facing either their partner or their opposite person after each rotation.

There are many square dance records with the calls right on them, but don't miss the fun of doing your own calling. Let the children try calling, too.

