

**Valdosta State University
Presents**

“A Touch of R and R”

(Rhythmic Activities & Recreational Dance)

Presenters:

Scot Raab & Amy Raynor
Brian Barrett, Ashley Brodhecker, Candace Culver,
Amanda Meeks, and Lindsey Pittman

Basketball

(Novelty Square Dance for Upper Grades)

4:17

Music: Basketball (original by Del Casher)

Formation: Squares

Introduction: High five your partner, High five your corner

Part 1: Head/Side Couples Forward and Back

(Two Head Couples – Couples 1 & 3 = “the couple with back to music and couple facing the music” take 4 steps FORWARD, pretending to DRIBBLE ball, and 4 steps BACK continuing to DRIBBLE.)

(Two Side Couples- Couples 2 & 4 do the same)

(Repeat)

Part 2: Left Allemande your corner, with your partner Do-Si-Do. Honor your partner.

(In this first section, once you return back home with your partner, you honor your partner.)

Part 3: Slap, Clap, & Shoot

Bend and slap your knees, clap your hand, and pretend to hold a ball in both hands and make a ONE-HAND shot high into the basket.

(Repeat 4x)

Part 4: “Ready”

On the word “ready”, lean forward with hands on knees.

Repeat Parts 1 & 2, then on Part 3 do a Chest Pass.

Slap, Clap, and pretend to hold a ball at chest level with both hands and do a TWO-HAND chest pass, stepping forward with one foot.

Repeat Parts 1 & 2, then on Part 3 do a Bounce Pass.

Slap, Clap, and pretend to hold a ball at waist level with both hands and do a TWO-HAND bounce pass, stepping forward with one foot.

(Repeat entire dance again, this time, we do not honor our partners)

“We’re all winners now” – Students high five in the middle!

“GET READY TO BOUNCE”

(Faster Tempo Rhythmic Activity)

3.33

Music: “Get Ready To Bounce” (Original by the Starlite Singers: Sports Mix)

You can provide your students with creative rhythmic sequences using a variety of bouncy balls and allow them to work individually or in a group.

I. As a group:

A. Circle: Form several circles throughout the given space with 6-8 students in each. Every student begins with a ball in hand and down on their right knee. Teacher will provide count-off and students will practice dribbling, passing, and around-the-world skills with the beat of the music.

1. Bending down on right knee- dribble with right hand.
2. Bending down on left knee- dribble with left hand.
3. Around-the-World: Standing, circling the ball around your head, waist, and knees.
4. Two-hand pass to the left, receive the pass coming from the right.
5. One-hand pass to the left, receive the pass coming from the right.

B. Circle: Allow students to design their own group routine with the music and balls.

II. Individual:

A. Circuit Training: Students rotate from station to station working on specific skills.

Stations:

1. Dribbling (stationary)
2. Dribbling (in and out of cones)
3. Jump rope (or hula hoop)
4. Aerobic steps
5. Line jumps
6. Passing (Chest/Bounce against wall)