

# No Excuses

## **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.
  - 1) Define stress and identify physical and emotional responses caused by stress.
- 5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.
  - 1) Identify positive and negative ways to manage stress in a variety of situations.
- 5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.

- 1) Practice strategies for managing stress.

### Objectives/Goals

- I can define the word “stress”
- I can describe situations that cause positive and negative stress.
- I can explain how stress can negatively affect a person’s emotional and physical health.
- I can identify positive and negative ways people manage stress.
- I can create a strategy for managing my stress in a positive way.

### Materials

- Video of Dance *No Excuses*, by Tammy Hanna - [LINK](#)
- Music of *No Excuses*, by Meghan Trainor
- Video recording device- optional
- *PE Metrics* assessment rubric - optional
- Example rubrics provided - optional
- Student Peer Assessment - optional

### Lesson Steps: Video Outline

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

- Provide discussion with students about stressful situations
- Ask students to think of a time they felt stress, both positive and/or negative, and how it causes changes in their body (ex. heart rate, breathing, blushing, headache, insomnia, etc.)
- Discuss ways that people cope with stress in negative ways (ex. smoking, drinking, drugs, overeating, etc.)
- Discuss positive ways to manage stress (ex. exercise, meditate, talk to a friend, etc.)

#### *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*

- Ask students to think about ways they can manage negative feelings. What activities and techniques can be used?
- Ask students to create a plan to reduce stress in their lives using activity.

### 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 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 follow and mirror the video.
  - For novice or unconfident movers you can stop and replay instruction points of each section until students are comfortable with each movement phrase.

- Repetition is key to quality reproduction. Make sure to give plenty of time for practice.
- Place confident “leader” students on the perimeter of the dance space; right, left and behind the majority of the group. Kinesthetic proximity is a wonderful tool in guiding others so surround novice movers with students that can help guide them in their movements.
- 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**

- Dance Notation

#### ***No Excuses, Choreography by Tammy Hanna***

(Immediately start intro phrase with music.)

#### *Dance Routine Pattern:*

Intro, Part 1, 2, 1, 2 extended, 2 extended, end

#### *Intro.*

Shake, jump turn, shake, jump with chest pump (1-7 jump 8, 1-7 jump 8)

#### *Part 1 (Verse)*

Whip right with left arm punch, lean back, back, back, whip left with right arm punch, lean back, back, back (counts &1, 2-4, &5, 6-8)

Snake right and hold, snake left and hold (counts 1-2 hold 3-4, 5-6, hold 7-8)

Moving right with toes together, heels, toes, pop left knee up, moving left with toes together, heels, toes, pop right knee up (counts 1, 2, 3, 4, 5, 6, 7, 8)

Step side right, cross left behind, step forward right, replace left together, step side left, cross right behind, step forward left, replace right together (counts 1&2, 3, hold 4, 5&6, 7 hold 8)

*Part 2 (Chorus)*

Right fist hit overhead into open left hand, left fist hit low into open right hand, repeat right fist high, left fist low (1-2, down 3-4, high 5-6, down 7-8)

Right fist high, left fist low, both hands scoop low to high making large circle, jump forward with chest pump on 8 (counts 1-2, 3-4, 5-7, jump 8)

Walk forward 4, right hip pull, left hip pull (counts 1, 2, 3, 4, 5, 6, 7, 8)

Walk backward 4, right hip pull, left hip pull (counts 1, 2, 3, 4, 5, 6, 7, 8)

Step-turn right, step-turn left (counts 1-4, 5-8)

Arms cross-up-cross, right elbow, left elbow, point corner, point center, point corner, shoot (counts 1&2, 3, 4, 5, 6, 7, 8)

Extended – to more sets of turns

Step-turn right, step-turn left (counts 1-4, 5-8)

Arms cross-up-cross, right elbow, left elbow, point corner, point center, point corner, shoot (counts 1&2, 3, 4, 5, 6, 7, 8)

Step-turn right, step-turn left (counts 1-4, 5-8)

Arms cross-up-cross, right elbow, left elbow, point corner, point center, point corner, shoot (counts 1&2, 3, 4, 5, 6, 7, 8)

- *PE Metrics-3rd Edition, Assessing Student Performance Using the National Standards & Grade-Level Outcomes for K-12 Physical Education*, SHAPE America, 3rd Edition, 2019, ISBN-13: 9781492526667
- Peer Assessment - [LINK](#)
- Self Assessment - [LINK](#)
- Rubric I - [LINK](#)
- Rubric II - [LINK](#)
- Flipgrid - <https://info.flipgrid.com/>