

**PHE Canada Conference – October 2013, Winnipeg MB**  
**Athletic GROOVE PLAYLIST by: Michelle Hillier & Jenn Litt**

STYLE & PURPOSE	SONG	GROOVE MOVES
<b>Pop</b> Warm-Up	Treasure by: Bruno Mars	1. Funky Walk 2. Bounce 3. Step Touch
<b>African</b> <b>COMMUNITY BUILDING</b> African Dance	King of Africa By: Douster	1. Head Bop 2. Warrior Jumps 3. Play the Drums 4. Tribal Stomp
<b>Hip Hop</b> <b>STRENGTH</b> Legs and Upper Body	How Low By: Ludacris	1. Low Pulsing Squats (how low can you go?) 2. Crawling (points held on ground) 3. Low and Slow Lunges
<b>Electronic</b> <b>RHYTHM &amp; CONDITIONING</b> Punching	Take That By: Jurgen Paape	1. Arms throws/punches – single, double, fast 2. Kicks
<b>Obscure</b> <b>TIMING &amp; COORDINATION</b> Partner Work	The Garden By: Mirah	1. Shoe toss and catch on the beat 2. Create more space between partners 3. Toss to sides to challenge
<b>Dance</b> <b>RIGHT BRAIN LEFT BRAIN WORK</b> Football Training	FML By: Deadmau5	1. Shaking/football runs 2. Power Walks 3. Agility partner work
<b>Cultural</b> <b>FUNDAMENTAL MOVEMENT SKILLS</b> Game	O.....Saya By: A.R. Rahman & M.I.A.	1. Freeze (in a weird pose) 2. Run 3. Hide 4. Crawl
<b>O' Skool Hip Hop</b> <b>CONDITIONING</b> Plyometrics	Jump Around By: House of Pain	1. Jumps with punches 2. Burpees
<b>Pop</b> <b>CARDIO</b> Playground	That's Not My Name By: The Ting Tings	1. Skipping 2. Hopscotch 3. Monkey Bars
<b>R&amp;B</b> <b>BALANCE</b> One point to floor	Royals By: Lorde	1. Snaps to the beat (whole time) 2. Balance on one foot (change spots) 3. Melt to ground and get back up
<b>Dramatic</b> <b>COOL DOWN</b> Dramatic Expression & Timing	Chariots of Fire By: Vangelis	1. Slow Motion Run 2. Slow Motion Trip and Fall 3. Slow Motion Happy Dance
<b>STILLNESS</b> Relaxation	10,000 Steps By: Biomusique	-Lie on back completely still -Eyes closed -Breath
<b>COMMUNITY BUILDING</b> Gathering	Roar By: Katy Perry	- Bum walk to centre as a group - Gestures from the song to the lyrics - high five eachother
<b>BONUS – HALLOWEEN GROOVE!</b>	Ache By: Peder	Zombie Walks Weird melt to ground and get back up (on the strong "cello" sound in the song!)

## DANCE and HPE CURRICULUM NOTES

DANCE ELEMENT (in order of complexity as outlined in the curriculum)	NOTES	Movement Competencies	LIVING SKILLS
BODY	<ul style="list-style-type: none"> <li>➤ Shapes (poses, big, small, angular, curved)</li> <li>➤ Awareness (zones, upper body, lower body)</li> <li>➤ Isolations</li> <li>➤ Symmetry, Asymmetry</li> </ul>	Body Awareness	<p>PERSONAL SKILLS</p> <ul style="list-style-type: none"> <li>-Self awareness</li> <li>-Confidence</li> <li>-Stress Management</li> <li>-Positive Attitude</li> <li>-Risk Taking</li> </ul>
SPACE	<ul style="list-style-type: none"> <li>➤ Directions (forward, backward, sideways)</li> <li>➤ Pathways (Zigzag, spiral, straight etc..)</li> <li>➤ Levels (high, middle, low)</li> </ul>	Spatial Awareness	<p>INTERPERSONAL SKILLS</p> <ul style="list-style-type: none"> <li>-Peer relations and interaction</li> <li>-Group Work</li> <li>-Cooperation</li> </ul>
TIME	<ul style="list-style-type: none"> <li>➤ Tempo (slow vs. fast)</li> <li>➤ Beat</li> <li>➤ Rhythm</li> <li>➤ Freezes, stillness</li> </ul>		<p>CRITICAL AND CREATIVE THINKING</p> <ul style="list-style-type: none"> <li>-Creativity</li> <li>- brainstorming</li> <li>-non linear thinking</li> <li>-problem solving</li> </ul>
ENERGY	<ul style="list-style-type: none"> <li>➤ Quality, force, effort (light, heavy, stiff, smooth explosive, bouncy etc...)</li> </ul>	Effort Awareness	
RELATIONSHIP	<ul style="list-style-type: none"> <li>➤ To...Others, Props, Environment, Themes etc...</li> </ul>	Relationship Awareness	

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