Physical training through dance

Previous compulsory steps / Prior students' knowledge	Students should have some knowledge about different parts of the body, how they should be exercised, and an idea of the basics of several physical exercise routines.
Learning objectives	To create a plan of physical exercises through dance moves and choreographies. To apply a work plan for improving or maintaining individual physical condition and health. To use activities with musical support as a means of creating social relationships. To enjoy the practice of recreational physical activities. To plan and organize group activities for leisure. To cultivate self-knowledge and communication with others through the use of individual bodily expression.
Subjects	Physical education, Arts
Recommended Age	10-18
Material needed	Computers with internet connections (for previous research), one device that supports the game (a game console), and a projector.
Sequence duration	Preparation: 60 min. Execution of the workout plans: 60 min. each group. This is an exercise where students will lead the class in workout sessions they created, so you may want to plan this for several sessions.

Individual or group activity	Groups of 2 - 4 students
Skills developed	Collaboration and teamwork, Planning, Creativity, Presentation skills, Social skills
Price range of the game	30 – 60 € (you need only one copy of the game for the whole class for this sequence)
Similar games to use with the approach of the sequence	**Just Dance Now** (for mobile devices)

Step by step: how to implement the sequence

- **Step 1: Explore the video game and practice dancing (40 - 50 min)**

The first thing educators should do is have students explore the possibilities of the game: what kinds of dances there are, how to do them, which moves to incorporate, etc. In order to do this effectively, students should split into groups of two to four members. As a team, they should investigate the different dances included in the video game and then look up videos and information about these dances on the internet to broaden their knowledge and movement vocabulary.

During this introductory part of the sequence, they can also use the video game to practice the dances with some of their corresponding songs. The goal here is to get to know what parts of the body they can exercise with the choreographies included in the game. If you use Just Dance, remember that this game incorporates dances for up to four people at once.

- **Step 2: Create a workout plan with songs (10 - 20 min)**

Next, students must work together to decide on a series of songs that can be used to carry out a workout plan and then create that workout plan. This must include moves that allow you to exercise different parts of the body: the more complete, the better. In addition, the program should last for 40 or 50 minutes at most. The educator can help students choose which songs are best suited to the dances (and the age or maturity level of students), and they should recommend that students choose different songs for their plans, so there is variety among all the groups.

- **Step 3: Execution of the workout plan (50 - 60 min)**

With the educator's supervision, each group will lead the class in carrying out the workout session they prepared. This means that this step must be done repeatedly, occupying various class sessions. This would be an ideal lesson plan if you (the educator) would like to carry out the sessions once a week for a month, or for the whole term (depending on the number of students and size of the groups). If you would like this step to take up only one or two classes, you can instruct the students to create shorter workout sessions of 20 to 30 minutes per session, and thus fit two or three into a one-hour class period. In any case, the group that prepared the session should lead it for the whole group, with the educator's support and supervision throughout.

References

Just Dance Now [Computer Software]. (2014). Montreuil, France: Ubisoft.
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Just Dance Wiki. (2021). Just Dance Fan Wiki. *Just Dance Fandom*. Retrieved from:
justdance.fandom.com