

**Rough Rider Health Promotion Conference
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**TEAM Time: Get your Body, Brain, and
School Connected**

Presented by

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2006 Disney Outstanding Educational Specialist Teacher of the Year

2006 USA Today All-Star Teacher Team

2005 NASPE National Elementary Physical Education Teacher of the Year

National Board Certified

What is TEAM Time?

TEAM (Together Everyone Achieves More) Time is the way Independence Elementary School students, staff and community start the day. When the bell rings for the beginning of school approximately 400 **students, staff, and community members** pile into the gym to start their day with movement, dancing, team building activities, signing, stretching, “Brain Gym”, aerobics, and singing, followed by morning announcements, and the Pledge of Allegiance. We end with a daily affirmation (I’m ready to learn!) which gets us excited and connected for learning. TEAM Time lasts about 15 - 18 minutes. When we are finished students are energized and ready for learning and teachers are energized to teach. TEAM Time is about community building, as the whole school gathers together everyday to celebrate learning. This unifies our school and connects us both mentally and physically.

From a physical education perspective it gives me a chance, at a higher level, to teach and reinforce concepts to the whole school community including playground rules, Levels of Responsibility, health and fitness related knowledge, math skills, and dance movements. I love that I can incorporate the dances we learn in physical education and keep dancing them all year round. I also do Brain Gym which is a series of simple movements used in Educational Kinesiology to enhance the experience of whole brain learning.

How did it get started?

The concept of TEAM Time came from an activity I did during National Physical Education and Sport week which comes the first week in May each year. I did daily movement assemblies for the whole school during that week that included movement and dances the whole school could do, usually with streamers. The staff loved the way the students behaved after exercising. At the beginning of the next school year I was approached by the staff and the principal about doing this on a daily basis. So we did and that was how TEAM Time came to be. Of course I asked for several things, like an elevated platform, PA system with four speakers, CD player, and wireless microphone all usable and mounted within the gym. Now I joke that my first class of the each day has 400+ students.

How do you make this work? (procedures)

Each class has assigned places to gather within the gym with matching assigned places to place their backpacks. When the bell rings all students gather in the gym, put their belongings by the wall, check their own personal space and start following me. I am on a platform (about 4 foot tall, 4x5ft.) I lead and they follow. Classroom teachers meet their classes in the gym then go to the classroom to take attendance and lunch count.

Kindergarteners are paired with a fourth grade buddy, that way they feel safe right away and have a great model to show them what to do and to help them. Kindergarteners do great and the fourth graders like to help their buddies!

The first song is usually a slower warm-up song. I incorporate cross lateral movements, PACE, and stretching activities.

The second song is usually faster, during this song I use more vigorous movements and jump patterns. The third and fourth songs are usually some sort of dance. We know over 50 of them. I try to rotate them throughout the weeks but we do have our favorites. Students also lead from the platform.

Meg Greiner TEAM Time Presentation

The last song or songs, depending on time, are cool down songs where I repeat PACE, cross lateral movements, and a series of stretching activities.

On some days I also add a signing song where we sign a song like God Bless America, Happy Trails, One Light One Sun, or Wonderful World just before the cool-down.

After the cool-down students lead the flag salute, then I follow it up with any announcements followed by the affirmation of the day. (turn to your neighbors, put your hands apart, on the count of three say, "*learning rocks! Yes!*" Ready, 1,2,3....)

Students are then released to their classroom teachers who line them up and exit the gym!

Are staff members required to come?

YES! Classroom teachers and aids, if they are free, but everyone loves to be there. For some, this is the only exercise they get. Even the principal participates.

Public Relations. One thing that has been neat about TEAM Time, that I never dreamed of when I took on this endeavor, was the impact it would have on the community and the positive impact it has made on my physical education program. The parents love it and think its great which shines a bright positive light on physical education in general. TEAM Time is a one of kind program and many people come to see it. It has made a very positive impact on our school and has brought teachers and students together through movement and play. We have performed TEAM Time on center stage at the local Hop Festival and with the House of Representatives in the Oregon Legislature. It has been duplicated in various schools across Oregon and Washington and around the country.

Favorite Dances include:

The Chicken Dance, Electric Slide, Slappin' Leather, Lilo and Stitch, Pata Pata, Saturday Night Fever Hustle, Macarena, Virginia Reel, Boot Scootin' Boogie, Hand Jive, and Agadou.

Favorite Music Includes:

Hawaiian Rollercoaster Ride, Holes, Eiffel 65 – Blue, the Baha Boys, Putumayo Children's Playground, Jock Jams, Pure Disco, and Disney Mania and Soundtracks.

Theme Days Include:

Country Western, Caribbean, Christmas, Halloween, Talk Like a Pirate Day, April Fools Day, St. Paddy's Day, Mardi Gras, Hawaiian, Cinco de Mayo, Mickey Mouse's Birthday, Martin Luther King Day, Take Me Out to the Ball Game Day, and Dr. Seus's Birthday.

Bibliography:**Getting Started Music:****Favorite Warm-Up Songs:**

Song Title:	Time:	Artist:	Album:
Angel	3:54	Shaggy	Hot Shot
Best Years Of Our Lives	2:58	Baha Men	Greatest Movie Hit
Come on Over	3:09	Christina Aguilera	Christina Aguilera
Dig It	3:48	D Tent Boys	Holes Soundtrack
Get Ready 4 This	3:25	2 Unlimited	ESPN Jock Jams Vol. 1
Getting Hotter	3:51	Baha Men	
Who Let The Dogs Out		Baha Men	
Gonna Make You Sweat	4:01	C+C Music Factory	ESPN Jock Jams Vol. 1
I Like it Like That	3:46	Tito Nieves	Jock Jams Volume 03
I Like to Move It	3:49		Jock Jams
I Need To Know	3:14	Marc Anthony	
Move It Like This	3:24	Baha Men	Greatest Movie Hit
Pump Up The Jam	3:59	Technotronic	ESPN Jock Jams Vol. 1
Pump Up The Volume	3:58	Marrs	ESPN Jock Jams Vol. 1
Ready 4 This Combo	3:51		
Lets Get Ready To Rumble			ESPN Jock Jams 1
Rock And Roll Part 2	2:58	Gary Glitter	ESPN Jock Jams Vol.1
Should've Been A Cowboy	3:30	Toby Keith	Toby Keith
Surfing USA	2:28	Beach Boys	Oldies
Twilight Zone	3:24	2 Unlimited	ESPN Jock Jams Vol. 1 Unbelievable
Up!	3:27	EMF	ESPN Jock Jams Vol. 1
Who Let The Dogs Out	2:52	Shania Twain	Up! (Red Disc)
Whoop There It Is	3:19	Baha Men	Greatest Movie Hits
	3:43	Tag Team	ESPN Jock Jams Vol. 1

Favorite Dance Songs:

Song Title:	Time:	Artist:	Album:
Agadou (english)	3:20	Saragossa Band	
Best Years Of Our Lives	2:58	Baha Men	Shrek Soundtrack
Blue (Da Ba Dee)	3:26	Eiffel 65	Now That's What I Call Music 4
C'mon & Ride It (The Train)	4:03	Quad City Dj's	Jock Jams Volume 03
Celebration	3:40	Kool & The Gang	Pure Disco
Cotton Eye Joe	3:13	Rednex	Sex & Violins
D'hammerschmiedsgselln	1:52	Christy Lane	Multicultural Folk Dance--Vol. 1 Disney
Mambo #5	4:09	Lou Bega	Radio Disney Jams 2
Do The Conga	3:28	Various Artists	Greatest Disco Dance
Electric Boogie	4:02	Marcia Griffith	Carousel
Gonna Make You Sweat	4:01	C+C Music Factory	ESPN Jock Jams Vol. 1
Hands Up! (Give Me Your Heart)	3:15		The Ultimate Party Survival Kit
Hawaiian Roller Coaster Ride	3:30	Various Artists	Lilo And Stitch Soundtrack
Monster Mash	3:12	Bobby "Boris" Picket	Halloween Horror
Mr. C's Cha-Cha Slide (Live Platinum Band)	6:27	Mr. C The Slide Man	Cha-Cha Slide
The Chicken Dance	2:37	Various Artists	The Ultimate Party Survival Kit
The Hokey Pokey	3:13	Various Artists	The Ultimate Party Survival Kit
The Tiki Tiki Tiki Room	3:30	Disney	Mouse House Dance Mixes
Tony Chestnut	3:33	Kimbo	Tony Chestnut & Fun Time
UCan't Touch This	4:17	MC Hammer	
Willie And The Hand Jive	3:08	Taj Mahal	Shake A Tailfeather
YMCA	3:45	Village People	Pure Disco

Favorite Cool-Down Songs:

Song Title:	Time:	Artist:	Album:
All I Really Need	3:46	Raffi	Baby Beluga
Black & White	3:19	Freddie McGregor	Reggae For Kids
Circle Of Life	3:59	Carmen Twillie	Classic Disney Vol. 1:
Don't Worry Be Happy	3:54	Bobby McFerrin	Don't Worry, Be Happy
I Believe I Can Fly	5:22	R. Kelly	Space Jam
I Hope You Dance	4:18	LeAnn Womack	
I Just Wanna Dance with You	3:32	George Strait	
I Think You're Wonderful	2:46	Red Grammer	Teaching Peace
Just Like You	3:27	Keb' Mo'	Holes Soundtrack
Love Train	4:29	Keb Mo	Big Wide Grin
No One Else On Earth	4:12	Various Artists	The Ultimate Line Dancing Album
The Power Of The Dream	4:31	Celine Dion	
Over The Rainbow	4:48	J.C. Lodge	Reggae For Kids
Puff (The Magic Dragon) [Live]	4:18	Peter, Paul and Mary	Around The Campfire (Disc 2)
Return To Pooh Corner	4:16	Kenny Loggins	Yesterday, Today, Tomorrow....
Smile (Album Version)	4:00	Vitamin C	Smile
Somewhere Over The Rainbow	5:08	Israel Kamakawiwo'ole	Facing Future
Superman	3:44	Five For Fighting	America
Thanks a Lot	2:40	Raul Malo	Country Goes Raffi
You'll Be In My Heart	4:18	Phil Collins	Tarzan

Resources:

Websites:

www.thebrainstore.com

www.braingym.com

www.pecentral.org

MUSIC:

You can find some of my music on itunes. I have made a itunes TEAM Time imix and TEAM Time Cool Down imix. Here is how you find it. Go to your itunes home page. Click on **imix** under genre on the right hand side. Do an **imix search** type in **TEAM Time** and then **select imix name** and it should lead you right to the two imixes. One is TEAM Time cool downs and the other TEAM Time imix.

Books:

Smart Moves by Carla Hannaford, PhD

Learning with the Body in Mind by Eric Jensen

PE-4-ME by Cathie Summerford

Brain Gym by Paul and Gail Dennison

Dances:

Dance Rules:	Do Your Best If you are facing the wrong way, turn around ACCEPT ALL for partners Have Fun☺
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Teaching Tips:	Don't emphasize rights and lefts Partners can be anyone, don't demand boys and girls Keep instructions short and sweet Have students say and do cues
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Content Standards:

- 1) Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 5) Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6) Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Reminder: *“Too much talking makes them blue more of them and less of you!”*

OTHER MUSIC USED: Warm-Up: *De Bolon Pin Pin*, Latin Playground – Putamayo
Cool-down: *La Compasita* – Tango
Just Like You, Keb Mo, Holes Soundtrack
Signing Song: *Happy Trails*, Roy Rogers and Dale Evans

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THE ALLEY CAT (American Novelty Dance - Origin Uncertain)

Music: The Alley Cat, Christmas Twist - Jingle Bell Rock

Formation: Scattered

Cues: right to the right (side touches)
left to the left (side touches)
right back, right back
left back, left back
right knee up twice
left knee up twice
right knee up
left knee up
clap
and jump
repeat!!

LA RASPA (Mexican Folk Dance)

Cinco de Mayo (may 5th, celebrating Mexico’s Independence over France in war)

Music: La Raspa Folk Dance music

Skills: Bleking step, running, elbow turn

Formation: Partners face each other. They may hold both hands or not.

Action:

Measure 1-4: Hop on the left foot, sliding the right foot forward, toe up. Hop on the right and slide the left forward, toe up. Hop on the left and slide the right forward again, toe up. Pause.

Repeat the movements beginning with a hop on the right foot.

Ending with a half face to the right. (bleking step)

5-8: Repeat actions of measures 1-4, ending with a half face to the right.

9-16: Repeat measures 1-8.

Part II: Partners hook elbows, other hand up toward ceiling....

Measures 1-4: Do a right elbow swing, using eight running or skipping steps. Release and clap the hands on he eighth count.

5-8: Do a left elbow swing, using eight running or skipping steps. Release ad clap the hands on the eighth count.

9-16: Repeat measures 1-8

Repeat the entire dance, parts I and II over and over again.

PATTY CAKE POLKA:

Music: Patty Cake Polka , Wagon Wheels

Formation: Partners scattered or Double circle dance

Cues: Moving in scattered position or in double circle line of direction counter clockwise

CCW Heel Toe, Heel Toe, slide slide slide

CW Heel Toe, Heel Toe, slide slide slide

Clap Right, Clap Left, Clap Both, Clap Down

Elbow Turn

Mixer: and move to your left right now and repeat with new partner

Variation: Do this same dance to McHammer “Can’t Touch This”.

Break it down = Free Dance

D’HAMMERSCHMLEDGSELIN

Music: D’Hammerschmledgselin (German Folk Dance) Christy Lane Multicultural Folk Dance Treasure Box Cd #1

Formation: Partners scattered or in groups of 4’s

Hand Pattern: Slap with hands: Thigh (1), Stomach(2), Clap Hand Together (3)
Clapping hands with partner: cross (4), cross (5), together (6)
Repeat this pattern 4xs through

Second part: Make a right hand star and skip ccw for 8 cts then reverse direction for 8 cts.

Repeat dance from beginning.

Variation: Once partners have the pattern then put them in groups of 4's. Couples perform the dance together using an alternating clapping pattern. The first couple starts the hand pattern and the second couple begins their hand pattern while the first couple is on the 4,5,6. of the hand pattern. They then continue with this pattern throughout the hand pattern section. On the star they make a four person star.

COTTON EYED JOE

Music: Cotton Eyed Joe Remix - the Rednex
Scattered or in groups

Stomp kick, back, back, back
Stomp kick, back, back, back
Stomp kick, back, back, back
Stomp kick, back, back, back
8 two steps forward
repeat one million times!

INSIDE OUT MIXER

Music: The Locomotion performed by Kylie Minogue
Formation: 3 in a line-join hands

Cues: walk (forward) 2, 3, 4, 5, 6, 7, 8
 circle, 2, 3, 4, 5, 6, 7, 8
 inside out (arch), 2, 3, 4, 5, 6, 7, 8
 circle (inside out), 2, 3, 4, 5, 6, 7, 8
 break (into a line) 2, 3, 4, 5, 6, 7, 8
 change (center person moves to next group) 2, 3, 4, 5, 6, 7, 8
 Repeat from beginning.....

IRISH STEW

Music: "Rakes of Mallow" from Weikart's "Rhythmically Moving Album 2"
Formation: Small groups in circles about 4 or 5 people, may hold hands or not
Intro: Wait 8 cts.

Cues: Circle (sliding) 2, 3, 4, 5, 6, 7,16
 Circle (sliding the other way) 2, 3, 4, 5, 6, 7,16
 Jump, Jump, clap, clap

Jump, Jump, Clap,Clap
In (walk into center of circle) 2, 3, 4
Out (walk back out) 2, 3, 4
Repeat

HANDS-UP PARTY DANCE (Club Med Dance)

Music: Hands Up! (give Me Your Heart) by Ottawan

Formation: Scattered one wall dance

Chorus: Hands up Hands up - raise hands in the air and lower them with words

Give me your heart - point with both hands together at someone and circle both arms/ hands around to your heart, repeat.

All your love - reach across your body with one arm and point while bringing your arm all away across your body back to the other side, repeat with other hand the other direction on follow up (all of your love) On rest of song just do a step together step with a clap, right and then left to the beat of the music.

Follow the words to the song and you'll be alright!!!! Have fun with it!

AGADOU - Australia

Music: Agadou - Black Lace (there is a french and an english version)

FLAIR (fla 107)

Position: Scattered or lines

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Shake the tree - Clasp hands together swing over left shoulder and right

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Grind Coffee - make circles with hands over each other roly poly movement

To the left - point left arm in air or step to left side

To the right - point right arm in air or step to right side

Jump Up - both arms in the air and jump

And to the knees - bring arms down to knees

Cross over - hands at knees

Shoop during versus two to right and two to left!

Repeat

THE CONGA LINE

Music: Best Years of Our LIves, Baha Men, Shrek Soundtrack

Scattered or in lines

Walk, walk, walk out - basic pattern to be repeated one million times. May add arm and hip actions and words or sounds.

LILO AND STITCH DANCE

Music: Hawaiian Roller Coaster Ride (Lilo and Stitch Soundtrack - Disney)

Developed by Oregon State University MS Physical Education Teacher Education Students, Graduating Class of 2003

R step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)

L step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)

Walk back, 2, 3, 4

Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)

Walk forward, 2, 3, 4

Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)

Hip 2, 3, 4

jump jump jump 1/4 jump turn ccw

repeat from beginning

PATA PATA (South Africa) (modified)

Introduction: 16 beats

Formation: Individual, circle, or lines

Music: Weikart Rhythmically Moving #6

**Part I R TOUCH, CLAP, L TOUCH, CLAP
TOES, HEELS, HEELS, TOES
R UP, AND OVER, UP, AND DOWN
L BRUSH, TURN 1/4 CCW**

Beats

- 1 Touch R sideward right (arms sideward with snap)
- 2 Step R next to L (clap)
- 3 Touch L sideward left (arms sideward and snap)
- 4 Step L next to R (clap) and transfer weight to both feet
- 5 Turn toes out (raise arms, elbows in)
- 6 Turn heels out (lower arms, elbows out)
- 7 Turn heels in (arms as in beat 5)
- 8 Turn toes in (arms as in beat 6)
- 9 Raise R knee in front of body
- 10 Touch R sideward right
- 11 Raise R knee
- 12 Step R next to L
- 13 Brush left foot and turn 1/4 turn ccw and repeat dance

MACARENA

Music: CD *Mouse House, Disney Dance Mixes*, #4 Tiki Tiki Tiki Room

Formation: Scattered/Lines

Macarena is a hand and body language dance done to 16 beats of music. Good hip motion is essential to this dance.

- 1. right hand goes out palm down
- 2. left hand goes out palm down
- 3. right palm up
- 4. left palm up
- 5. right hand to left shoulder
- 6. left hand to right shoulder
- 7. right hand to right back of ear
- 8. left hand to left back of ear
- 9. right hand to left hip
- 10. left hand to right hip
- 11. right hand to right buns
- 12. left hand to left buns
- 13. roll hips with hands on buns
- 14. with small jump turn 1/4 turn to left, with clap.

Hand, hand, over, over, shoulder, shoulder, head, head, hip, hip gluteus, gluteus, hula hoop, hula hoop, jump, turn, clap
Repeat pattern for duration of song.

THE MONSTER MASH

Music: The Monster Mash performed by Bobby “Boris” Pickett and the Crypt-kickers
Dance Formation: Scattered
Music in 4/4 time

Introduction: Stand like a Frankenstein Monster with arms outstretched and keep time with the music (8 measures)

On first words of song begin
8 Frankenstein Walking steps forward (8 counts)
8 Frankenstein walking steps backward (8 counts)
4 Crossing Arm Scissors (4 counts)
4 Alternating Hammer Hands (4 counts)
4 Hitchhikes (4 counts)
4 Transylvania Twists (4 counts)
Repeat again and again!!!

THE TWELVE DAYS OF GYM CLASS

Music: The Twelve Days of Gym Class from the Physical Ed cd from The Learning Station
Formation: Scattered
Activity: Do the actions described on the cd.

TONY CHESTNUT

A fun activity that teaches children about homonyms
Music: Tony Chestnut & Fun Time Action Songs cd from the Learning Station
Formation: Scattered following teacher

Activity: have the children touch their toes, knees, chest, and head along with the words “Tony Chestnut”. In the last verse, have the children lean, kneel, pat, and bob etc. when those names are sung. Follow along.

JINGLE BELL DANCE

Position: Scattered in partners
Music: “Jingle Bells” by Crazy Frog

Part One; On the Jingle Bell Chorus section – jingle bells, jingle bells, jingle all the way the hand pattern is:
Jingle bells – 3 thigh pats
Jingle bells - 3 self hand claps
Jingle all the – 4 hand pats with partner
Way – hands on thighs
Oh what fun it...elbow turn, repeat for chorus

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Part Two: Dashing through the snow partners face each other and slide together around the room. Fancy sliding can involve a turning slide which entails facing front to front and then turning and facing back to back and continue sliding. (8 counts each)