

**TEAM Time: Get your Body, Brain, and School Connected**  
**Presented by Meg Greiner**  
**2005 NASPE National Elementary Physical Education**  
**Teacher of the Year**  
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**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!) that 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 the 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.

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:**

<b>Song Title:</b>	<b>Time:</b>	<b>Artist:</b>	<b>Album:</b>
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	3:27	EMF	ESPN Jock Jams Vol. 1
Up!	2:52	Shania Twain	Up! (Red Disc)
Who Let The Dogs Out	3:19	Baha Men	Greatest Movie Hits
Whoomp There It Is	3:43	Tag Team	ESPN Jock Jams Vol. 1

**Favorite Dance Songs:**

<b>Song Title:</b>	<b>Time:</b>	<b>Artist:</b>	<b>Album:</b>
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

## Meg Greiner TEAM Time Presentation

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:**

<u>Song Title:</u>	<u>Time:</u>	<u>Artist:</u>	<u>Album:</u>
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:**

#### **Wesbsites:**

[www.thebrainstore.com](http://www.thebrainstore.com)

[www.braingym.com](http://www.braingym.com)

[www.pecentral.org](http://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:**

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**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

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**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.

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**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 fine!!!! Have fun with it!

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**LILLO 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

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**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