

TEAM Time: Get your Body, Brain, and School Connected (intended use E for everyone)

Presented by Meg Greiner

2006 Disney Outstanding Specialist Teacher Award

NASPE 2005 National Elementary Physical Education Teacher of the Year

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www.ccepe.net 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.

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 Marris 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:

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
 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:

Webbsites:

- 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” and “Brain Gym and Me” by Paul and Gail Dennison
 “Spark: The Revolutionary New Science of Exercise and the Brain” by John Ratey

Dances:

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.

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

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

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

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!