



MNSHAPE Monthly LOON LINES

JUNE 2022

Spotlighting Executive Committee/Dance



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

MNSHAPE

Empowering Learners to Think on the Move

Inside this issue:

Dance Division Article (P. 2-3)

Celebrating the end of the School Year



Happy end of the school year! We're sure that you all are just as excited as we are to start summer break!

This summer we will be putting together our schedule for the **#MNSHAPE22 Fall Conference** which will be held on **November 7th and 8th** at Lakeville South High School. If you are interested in presenting at this year's conference, **please submit a presentation [proposal form](https://www.mnshape.org/fall-conference)** <https://www.mnshape.org/fall-conference> it can also be found under the Fall Conference tab on our MNSHAPE website. Accepted presenters will have a discounted rate of \$50 for conference registration this year!

Our board of directors recently passed a by-law change for our President and President Elect positions. Our President, Derek Picha, will be serving a second term as President and our President Elect, Deb Van Klei will serve a second term as President Elect. As a board, we decided that the President will be able to accomplish more if they are able to serve a two-year term. In the past, Presidents have shared that by the time it was the end of their first year, they finally felt like they knew what they were doing but it was time to move on.

One more announcement: MNSHAPE is now on Instagram! Stay connected and up to date by following our social media pages (Facebook, Twitter, and Instagram).



Past President,
Tom Roberts



President,
Derek Picha

From your Executive Committee



President Elect,
Deb Van Klei



Executive Director,
Megan McCollom



Vice President Liz Parr-Smestad

Spotlight Article– Dance Division



Vice President Elect Joe McCarthy



What Students Need to Know:

- Show students that dance is part of their pop culture through Tik Tok and YouTube videos, movies, and TV. Ask students if they know of any good dances to show as well.
- Tell students why dance is a great skill physically, physiologically, and socially. Emphasize how it can enhance different aspects of their lives such as athletic performance, personal enjoyment, and social interaction.
- Find a dance that students can relate to culturally. I am in San Diego so my “square dance” is a Circle Meringue.
- Encourage students who have dance skills to perform for the class. Make it “cool”. This may result in anything from break dancing to tap dancing so be prepared.

What are the 5 basic dance moves?

[Five Basic Dance Steps for Beginners - Dramatics Magazine](https://dramatics.org)

[https://dramatics.org > if-you-can-walk-you-can-dance](https://dramatics.org)

In this video, Bakari Jamal King, a teacher at University School of Nashville, breaks down five steps every beginner should know.



- Step-touch.
- Grapevine.
- Jazz square.
- Pivot turn.
- Chassé/Rock step.

RESOURCES

What is the most popular school appropriate dance on TikTok?



"Renegade"

The original dance was created by Atlanta-based 14-year-old Jalaiah Harmon in September 2019, and quickly blew up with students in middle school and high school. Set to the song "Lottery" by K Camp, Harmon's dance has now been performed in talent shows and at school pep rallies for TikTok competitions. Feb 6, 2021

[Tik Tok Dance Challenges! - The Phys. Ed. Depot](https://www.physeddepot.com)

<https://www.physeddepot.com> › tik-tok-dance-challenges

<https://www.thepespecialist.com/dance2/>

Use Mr. Chris when planning your next Dance Unit or even for a quick warmup with your kids. He's got tons of fresh hip hop jams, great for Elementary students.

Mr. Chris has a youtube channel with examples of most of his songs as well, you can see an example of a few dances in the video below:

Stretch on the Floor ([iTunes](#)) ([video example](#))

Clap With Me ([iTunes](#)) ([video example](#))

Wavin 101 ([iTunes](#)) (video example halfway through the first video embedded below)

8 is Great ([iTunes](#))

Elbow Dance ([iTunes](#))

Drive the Car ([iTunes](#))

Red Light ([iTunes](#))

Robot Dance ([iTunes](#))

Jump Song (video above) ([iTunes](#))

the [Burpee Song](#) – teaching kids how to do burpees – perfect for Phys Ed.