



TERESA OSBORN
NWD DANCE REPRESENTATIVE

Presents

STARZ LOVE ZUMBATOMIC

AT THE AAHPERD NATIONAL
CONVENTION & EXPO 2013

TUESDAY APRIL 23RD
9:40 - 10:30AM

TODAY'S PROGRAM

9:40AM - 10:30AM

- i. Introduction to Zumbatomic
- ii. Music & Resources
- iii. How to introduce Zumbatomic to your school
- iv. Hiring an Instructor
- v. Warm up
- vi. 1st Dance: **Walk the Dinosaur**
- vii. 2nd Dance: **Limbo Rock**
- viii. Dance Modifications & Variations
- ix. Games to Play
- x. 3rd Dance: **Surfin' USA**
- xi. Show & Tell
- xii. Q & A

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INTRODUCTION TO ZUMBATOMIC

WHAT IS ZUMBATOMIC?

The Zumbatomic program is a registered trademark of Zumba Fitness, LLC and is a specialty designed class for children ages between 4-12 years. This is separated into two categories called Lil' Starz 4-7 years and Big Starz 8-12 years.

The goal is to create a fun, healthy program for children using the Zumba fitness concept using a formula of dance, fitness and exercise. Zumbatomic music and DVD's are 100% kid friendly with songs, dances and actions that promote a party like atmosphere making this a fun way to exercise in disguise.

The goal of Zumbatomic is to develop a healthy lifestyle and incorporate fitness as a natural part of children's everyday lives. Zumbatomic also incorporates other facets of a child's development including confidence, respect, teamwork and leadership while developing balance, co-ordination, and creativity and most of all having fun!

MODIFICATIONS

A child's body is not just a smaller version of an adult body so when teaching a Zumbatomic class the instructor must ensure they teach safe movements and tame some of the Latin movements that are performed in the regular Zumba class to suit the age range of the class.

The main focus on the Zumbatomic class should be focusing on rhythm, directional changes and transitions from one move to the other.

HOW TO INTRODUCE THE ZUMBATOMIC PROGRAM TO YOUR SCHOOL

If you would like to become a Zumbatomic Instructor or have an instructor come and teach in your school check out ww.zumba.com for more information.

You can go to instructor training, look for the country, training type and status then click find now. This will bring up all the trainings for all 50 states so you then need to select your state for trainings in your area.

The benefits of taking the training are that you learn a new skill and one that you can take back not only to your school but the school district. There are many ways you can introduce Subatomic to your school. Here are a few suggestions.

1. Introduce a unit to your Physical Education class
2. Introduce Zumbatomic as an after school activity
3. Introduce Zumbatomic as part of family night
4. Collaborate with the Music, Arts or Drama teachers to use the Subatomic rhythms into an assembly or play.
5. Write a grant to have a Zumbatomic instructor come to your school through the PTSA or the School's foundation if there is one in your district.

WHAT TO LOOK FOR WHEN HIRING A ZUMBATOMIC INSTRUCTOR

If you would like to have a Zumbatomic Instructor come and teach in your school check out ww.zumba.com for more information.

You can go to find an instructor, search by location for the country; distance and class type then click on Find Now. This will bring up all the instructors for your area with in the mile radius you selected. You will then need to view instructors by name and their experience. Look for instructors that have written their own bio and have posted a picture and not used the default Zumba write up provided. Also look to see how many

certifications they have in Zumba and where they teach. You can contact either the instructor or where they teach for a reference. Remember you are looking for someone with experience in teaching children and someone that has some previous fitness training like the AFAA or ACE examination. They could also be a certified dance or yoga instructor who also has CPR and 1st Aid training.

When you select your instructor that you feel comfortable with invite them to visit your school for an interview.

- When conducting their interview you should ask them about their class format this will help find you a good instructor that will benefit your students.
- Do they do a warm up?
- Are the movements they use age appropriate?
- Are they aware of keeping the moves to the age appropriate?
- How they deal with different age groups integrated in the same class?
- How would they use modifications for a child with movement difficulties?
- What is the prime goal they hope to achieve?

DANCES

THE WARM UP

Warm Up

🕒 5 minutes. 🎵 Any popular chart music can be used for this or a Calypso

- a. Clapping to music with step taps
- b. Step Taps with different arm actions
- c. Chasses with different arm actions
- d. Step points moving across out across and change weight.
- e. Step Points repeat on other foot
- f. Toe Taps
- g. Heel taps
- h. Arm Rolls to the Right and Left
- i. Arms Stretches
- j. Knee Bends with arm swings
- k. Swimming action with arms
- l. Arm punches across the body
- m. Walks forward x 4 and lift knee & stretch
- n. Walks back x 4 and Stretch back & point down
- o. Twists from the waist to right & left
- p. Skips on the spot

WALK THE DINOSAUR

Intro. Boom Boom, Chacka-Lacka-Lacka-Boom x 8

Punch Punch downwards

Scrub your Back with a Towel (or wiggle, wiggle)

It was a Night

Step Claps x 8

Knee Lifts to opposite elbows x 8

Walk the Dinosaur

A

Jump quarter turn to Left

Walk forward; take Left Arm across then out x 8

Jump half turn to Right

Walk forward, taking Right Arm across then out x 8

Open the Door x 2

B

Left Arm 'open the door'

Run Forward x 3

Clasped hands, swinging to R, L, R, L

Repeat (running backward)

Repeat Intro A and B and

“Boom Boom” again only x 4

Freestyle

Point, point, run on spot 1, 2, 3 (Bro. Louis points) x 4

Step tap, step tap, taking arms across and out x 8

A ***Walk the Dinosaur, B Open the Door x 2***

B Quarter Turn to Left, ***Open the Door x 4***

LIMBO ROCK-ELEMENTARY

A

Bang the Bongo Drums x 2

“Limbo Star” - Roll arms up and clap. Repeat

Repeat A

Every Limbo Boy & Girl: Step onto RF, Step onto LF

Round the World: Like an Egyptian – R, arm L arm

Come & do the Limbo Rock Pivot Turn – spiraling hands around head

All around the Limbo Clock (Emma) Repeat spiral

B

Step on RF, Step on LF, waving arms R, L, R, L, face partner

“Jack be nimble” - slap thighs, *“Jack be quick”* - clap hands

“Jack Jump Over...” - Tunnel, *“Limbo Rock”* - Swing partner,

“Limbo Rock” - Shimmies

Like an Egyptian - R, L, R, L (marking time)

“La La’s” – Step tap (hands behind back) x 8

Two people make tunnel, others skip through

How Low Can You Go- go under limbo stick or freestyle

Repeat B

How Low Can You Go

Kneel and bang bongos optional

Repeat from slap thighs, clap hands section x

Repeat A x 4 ... to end in pose

SURFIN' USA

- A** Hold nose and shimmy downwards or you can get down onto your surf board. Repeat x 3
- B** 4 Breast stroke and crawl swimming strokes x
- C** Surf board bounce for 8 counts, switch to other side x 8 Step tummy crunch to the right, step tummy crunch to the left x 2 each side
- D** Grapevine to the right, punch fists to the right, left, double right. Grapevine to the left, punch fists to the left, right, double left. Repeat both ways
- E** Lunges forward on RF then LF x 16 counts using arm action as if lifting dumbbells in front and up.
- F** Running Man x 8 counts
- G** Foot Swivels with fist punching in a downward action one arm in front the other behind x 8 counts Swivel, Swivel double swivel, or rib isolations to right & left

Repeat F and G

Finish with freestyle Guitar action.

GAMES

The purpose of games is to create a break in the class from teaching a routine having your students play to music. Changing the pace in class is important especially with the younger age groups as their attention span is shorter. This is a good way to keep their attention focused and teaches them to work with their class mates as a team. Keeping the energy and excitement going in a class creates a happy student who plays well and will be more focused on the day ahead.

CENTER STAR

Create a circle with all your students put on some fun music and as the instructor start off with a dance move that everybody follows. When the students feel comfortable they can each take it in turns for them to come into the center and lead a step of their choice with everyone else following their move.

Make sure that your students understand that the move must be safe and that you can perform movements with either your upper body or lower body but you should stay on your feet and keep the movements simple. If your class is large you can create two or more circles to make sure that everyone takes a turn.

SHINING STAR

Create a straight line with all your students put on some fun music and as the instructor start off with a dance move that everybody follows. When the students feel comfortable they can each take it in turns for them to come into the center and lead a step of their choice with everyone else following their move.

Make sure that your students understand that the move must be safe and that you can perform movements with either your upper body or lower body but you should stay on your feet and keep the movements simple. If your class is large you can create two or more circles to make sure that everyone takes a turn.

RESOURCES

MUSIC

Zumbatomic music is only available to instructors who have taken the Zumbatomic day instruction. When you have completed the course you will be asked to sign up as a Zin which means that on payment of \$30.00 per month you will receive a DVD one month and a CD the next with choreography and music.

The other alternative to this is to find fun music for your classes that is age appropriate or choose the original artist's version.

Examples:

Walk the Dinosaur ... was originally by *Was (Not Was)*

Limbo Rock ... was originally by *Chubby Checker*

Surfin USA was originally by *The Beach Boys*

CONTACT INFORMATION

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