



Around the World on a Dance a Day:
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Physical Education is at a Crossroads



Our very existence is on thin ice!



In an effort to support No Child Left Behind



P.E. is getting left behind

- <http://www.cbsnews.com/news/obesity-up-phys-ed-down/>
- Clip from ESPN:
<http://espn.go.com/video/clip?id=4025359>

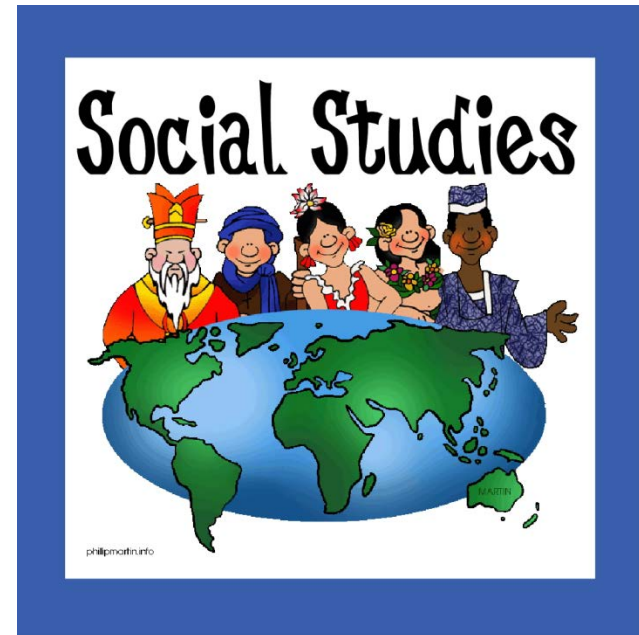
Our children are paying
a terrible price.



We, as P.E. teachers, need to show that we can help students learn more than games and sports



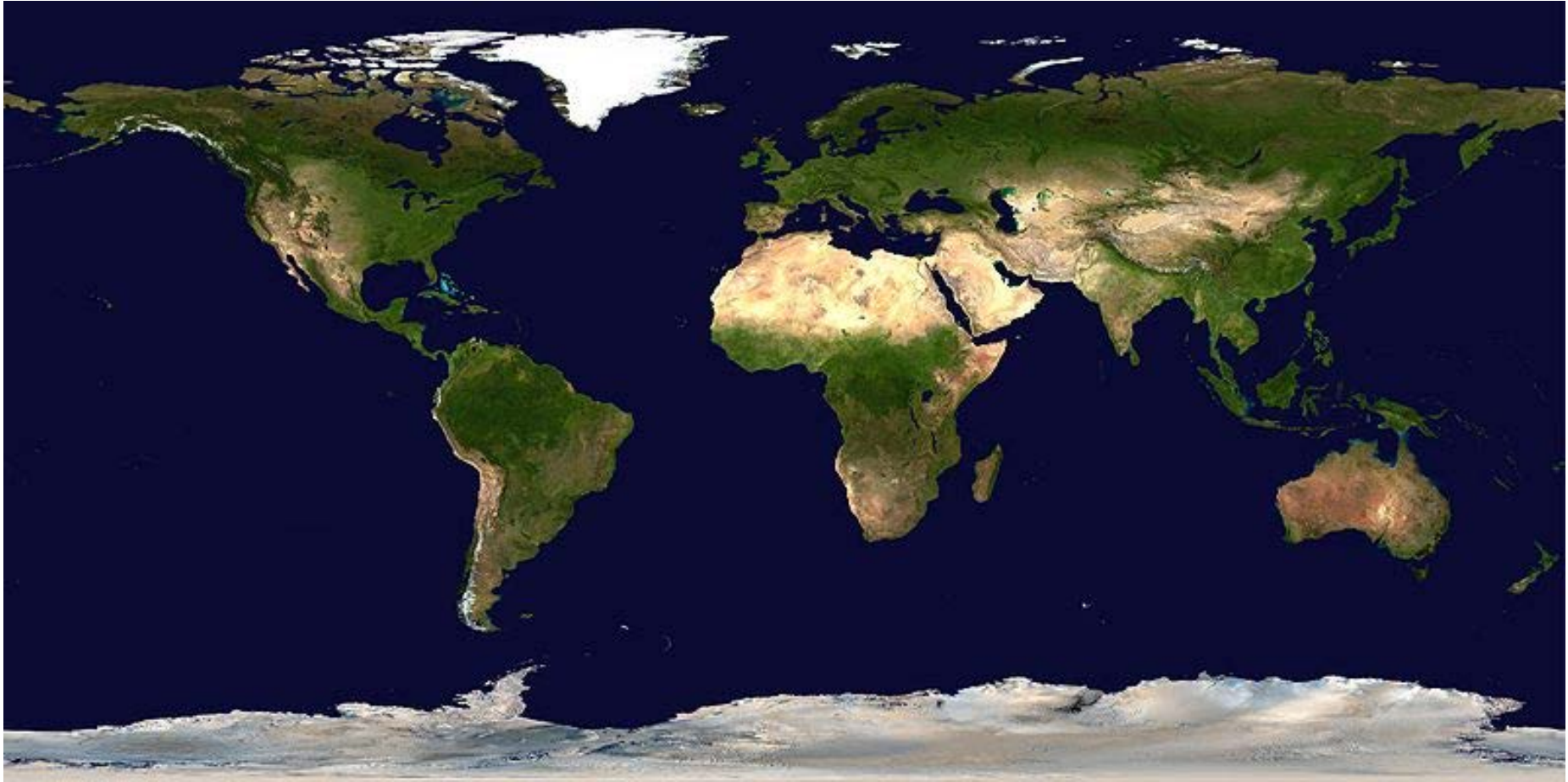
That we can help our classroom teachers enhance learning



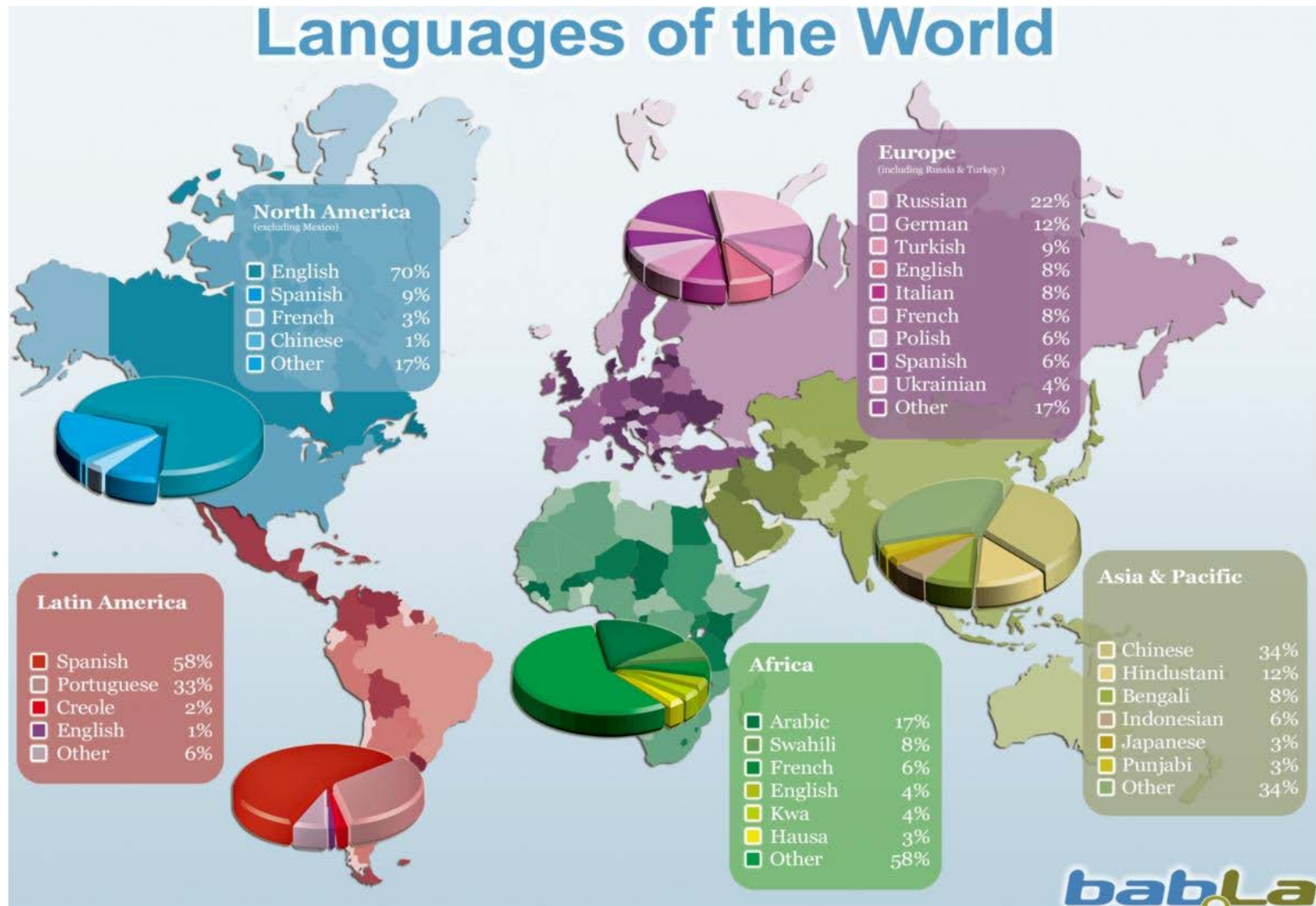
Our presentation is one that any P.E. teacher can collaborate with---

- Music
- Social Studies
 - Art
- Foreign language

The World is a BIG PLACE



CURRENTLY OVER 6 BILLION PEOPLE, 1000s of Languages and Dialects



Many Rituals and Customs



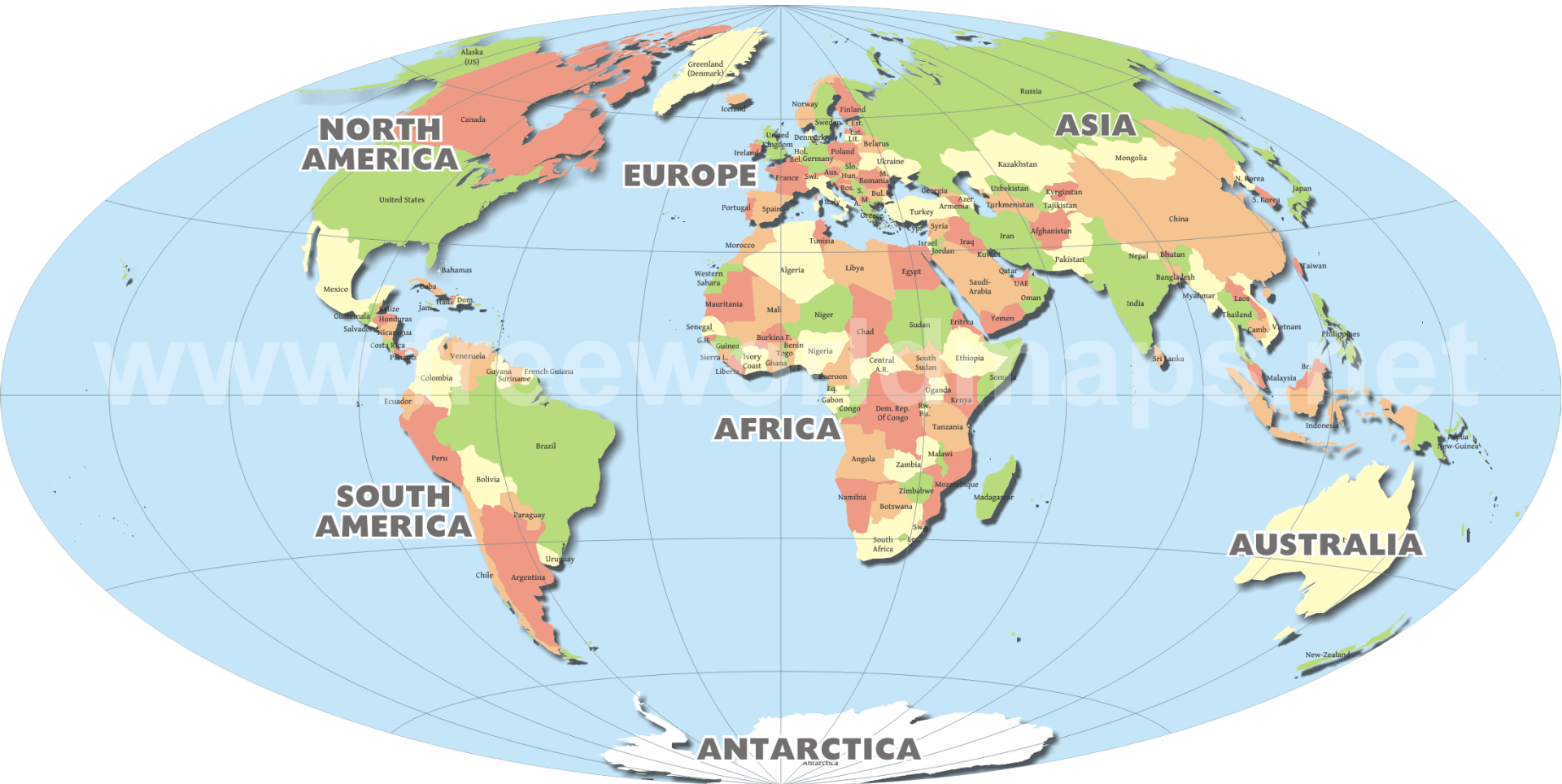
So get you passports out



Put your dancing shoes on



We're going to visit 5 regions of the world



In the language of each nation we visit
we'll learn to say----

Hello

Let's Dance or Let's Move

Thank You

Good bye

And do a dance of that nation
along the way



After each dance make sure to get
your passport stamped



When we're done traveling

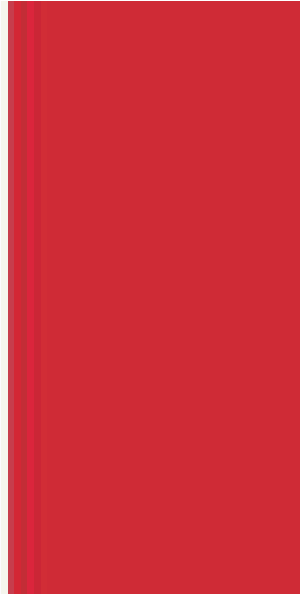
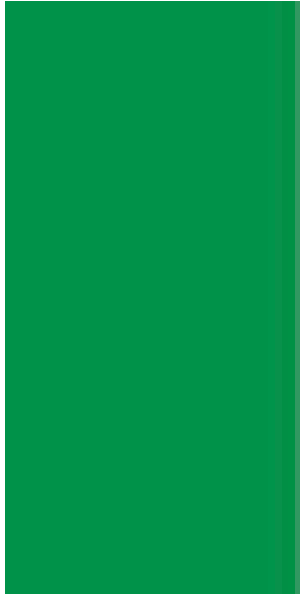
- We're all going to have a pop quiz
- We'll see what you know when music from different countries begin
 - Words
 - The dance of that nation
- And film it and make our own variation of the YouTube clip “the Evolution of Dance”

<http://www.youtube.com/watch?v=dMH0bHeiRNq>

Lets start our journey in EUROPE



Our first visit will be Italy



Facts about Italy

- slightly larger than Arizona.
- borders Austria, France, Vatican City, San Marino, Slovenia, and Switzerland (longest border)
- flag is inspired by the French flag introduced during Napoleon's 1797 invasion of the peninsula.
- farms produce grapes, potatoes, sugar beets, soybeans, grain, olives, beef, and dairy.
- The average life expectancy at birth for an Italian is 79.54 years.

Fun Facts about Italy

- Pizza was "invented" in Naples around 1860s.
- Almost 20% of Italy's population is over 65 years old.
- Everybody 18 and over can vote, however has to be at least 25 to vote in Senate elections.
- The Italian flag is inspired by the French flag, which was introduced during Napoleon's 1797 invasion of the peninsula.
- The thermometer is an Italian invention.
- The name of Electricity measurement Volt comes from Alessandro Volta who invented the first battery in 1779
- The famous children's story, *Pinocchio* , was written by an Italian.

ITALIAN words or phrases

Hello

Bonjourno

Let's Dance

Balliamo

Thank you

Grazie

Good bye

Arrivederci

Let's dance the Tarentella



associated with the
bite of the tarantula



Facts about the Tarentella

- Folk dance of Italy
- victims seemingly were cured of the tarantula bite by frenzied dancing
- characterized by light, quick steps and teasing, flirtatious behavior between partners;
- music is in lively $\frac{6}{8}$ time. Tarantellas for two couples are also danced.

women dancers frequently
carry tambourines



The Tarentella in Action

https://www.youtube.com/watch?v=CM-B_KL3PFI&list=RDtrCrFGUdHNw

- Millersville Students: Tarentella

- [IMG_0748.MOV](#)

- Music for the Tarentella

- [..\Valley Forge 2013\Tarentella.AVI](#)

Israel



Facts about Israel

- **Size:** 8,019 square miles (20,770 square kilometers); slightly larger than New Jersey
- **Capital:** Jerusalem; although Israel proclaimed its capital in 1950, the United States maintains its embassy in Tel Aviv
- **Official Languages:** Hebrew and Arabic
- **Currency:** New Israeli shekel
- **Climate:** Temperate; hot and dry in southern and eastern desert areas
- **Industries:** high-technology products such as aviation and medical electronics, wood and paper products, food, beverages, tobacco, cement, construction, metals, chemical products, plastics, diamond cutting, textiles, footwear

Hebrew Words and Phrases

Hello

Shalom

Let's Dance

Michshoal

Thank You

Rav todot

Good bye

Shalom

Let's Dance the Hora



Facts about the Hora

type of circular dance from Romania

became the national dance of Israel

very popular dance to mark any kind of celebration like births & weddings

What the Hora Looks Like

<http://www.youtube.com/watch?v=UmY2s5U4D1M>

Music or the Hora

<..\Valley Forge 2013\Hava Nagila.AVI>

Let's keep going south into Africa



Nigeria



Facts about Nigeria

- Nigeria takes its name from the Niger River, the third largest river in Africa.
- Nigeria is one of sub-Saharan Africa's fastest growing economies.
- Nigeria has one of the world's greatest birth rates for twins.
- It is Africa's most populous country and one of the continent's top oil producers.
- The largest butterfly diversity in the world can be found in the areas around Calabar, Cross River State.

More about Nigeria

- The drill monkey, one of the most endangered mammal species in Africa, can only be found in the wild in Nigeria and its neighboring country of Cameroon. (A sub-species is found in Equatorial Guinea.)
- Majek Fashek, one of the more popular reggae artists from the '80s and early '90s, is a Nigerian.
- In Nigeria, the terms "010," "101," etc. refer to meals in a day. "010" means to skip breakfast and dinner but eat lunch, while "101" means to skip lunch but to eat breakfast and dinner.
- Chinua Achebe, author of the successful novel "Things Fall Apart," was born in Southeastern Nigeria in 1930.
- When a Nigerian man gives a gift to a woman, he would say that the gift came from his wife, mother, sisters, etc., and not from himself.

Words and Phrases in Yoruba

Hello

Baa Wo Nii

Let's Dance

E Je Ka A Jo

Thank you

O Se

Good bye

O Da Bo

Video of 2 Millersville Students performing dances:

<..\..\Desktop\redir.htm>

<https://www.youtube.com/watch?v=FLzw7cxYXhU>

Now we are traveling to Southeast Asia



To the Philippines



Facts about the Philippines

- **Population:** 84,765,000
- **Capital:** Manila; 10,677,000
- **Area:** 300,000 square kilometers (115,831 square miles)
- **Language:** Filipino (based on Tagalog) currently 175 languages and dialects in the Philippines.
- **Religion:** Roman Catholic, Protestant, Muslim, Buddhist
- **Texting capital of the world** (350-400 million text messages are sent daily)
- **University of St. Tomas**, located in Manila, was established in 1611 (25 years before Harvard)
- **Nov 8, 2013, Super Typhoon Haiyan** cut a devastating path across the central Philippines.

Phrases in Filipino

Hello

kamusta

Let's Dance

Sabihin sayaw

Thank you

Salamat

Good bye

paalam

Let's do Tinikling



Facts about Tinikling

Is the official
Philippine
National Dance

derived its name from the bird *tikling* because the dance steps are mimetic of that bird's movements.



The bird is the worst enemy of the Waray farmers because they molest the rice



To prevent this, the farmers would place some *bitik* (called *si-ay* or *patibong* in Samar), traps made of bamboo to catch the annoying birds



The tinikling dance imitates the movements of the *tikling* birds escaping from the bamboo traps set by the farmers.

What Tinikling looks like

<http://www.youtube.com/watch?v=LN9ejrTyxXo>

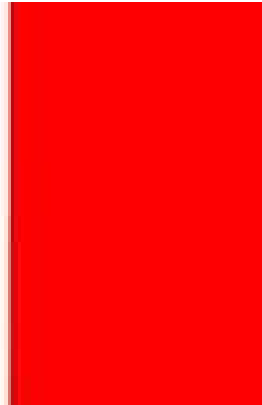
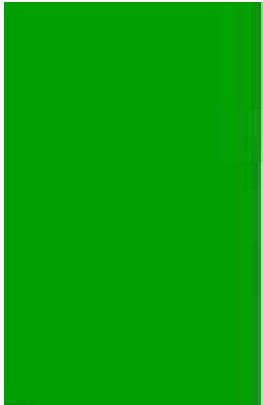
Music for Tinikling

<..\Valley Forge 2013\Tinkling.AVI>

We'll finish closer to home
in the Western Hemisphere-----



---and visit our neighbors to the south in Mexico



Facts about Mexico

- The official name of for Mexico is the United Mexican States.
- Mexico is the 11th most populated country in the world with around 117 million people
- Mexico is the 14th largest country by land area.
- There are 31 states in Mexico as well as the capital city (Mexico City).
- The highest mountain in Mexico is Pico de Orizaba, a dormant volcano that reaches 5,636 meters (18,491 ft) above sea level.
- The national symbol of Mexico is the golden eagle which features prominently on the coat of arms.
- The main language spoken in Mexico is Spanish.
- The largest source of immigration to the United States is from Mexico.

Interesting Facts about Mexico

- Mexican children do not receive presents on Christmas Day. They receive on January 6, the day on which Mexicans celebrate the arrival of the Three Wise Men
- Mexican food is known for its range of flavors and spices. Popular dishes include tacos, burritos and enchiladas.
- The most popular sport in Mexico is football (soccer).
- Mexico hosted the Football World Cup in both 1970 and 1986.
- Mexico City hosted the Summer Olympic Games in 1968.

Words/Phrases in Spanish

Hello

Hola

Let's Dance

Vamos a bailar

Thank you

Gracias

Good bye

Adios

Time to review the Mexican Hat Dance



Facts about the Hat Dance

- **In Mexico it is called El Jarabe Tapatío**
- At one point it was declared "National Folk Dance" of Mexico
- What we actually teach to children in the United States is actually the dance ***La Raspa***

Here's the Traditional Hat Dance

<http://www.youtube.com/watch?v=QN-p4mUbq6k>

What the children's version looks like that is commonly taught in American Schools

<http://www.youtube.com/watch?v=kq5c09ExG30>

Music for Mexican Hat Dance

<..\Valley Forge 2013\Mexican Hat Dance.AVI>

Our version of the Dance Around the world

- ..\Valley Forge 2013\Tarentella.AVI
- ..\Valley Forge 2013\Hava Nagila.AVI
- <https://www.youtube.com/watch?v=FLzw7cxYXhU>
- ..\Valley Forge 2013\Tininkling.AVI
- ..\Valley Forge 2013\Mexican Hat Dance.AVI

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