

Scattered Square Dance

Grade Level: 2 – 6 grades: Scattered Square Dance can be a wonderful activity to model scope and sequence. A suggested scope and sequence would be:

Second Grade: Single Formation Calls

Third Grade: Line Formation Calls

Fourth Grade: Partner Formation Calls

Fifth and Sixth Grades: Groups of Four Formation and Big Circle Formation Calls

National Standards for Physical Education:

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

National Dance Standards:

Standard 4 (D4): Applying and demonstrating critical and creating thinking skills in dance.

Standard (D6): Making connections between dance and healthful living.

Objectives: As a result of this activity, students will be able to:

1. Listen to and follow the directions of the square dance caller.
2. Perform the calls to the beat of the music.
3. Willing and respectfully work with all students.
4. Create their own scattered square dance call and teach it to other students.
5. Identify dance as a form of physical activity.

Instructional Strategies: Direct teaching (Command, Practice, Reciprocal), Modeling and Demonstrating

Equipment: CD Player

Music: Any non-verbal instrumental. Suggested: *Irish Washer Woman* and *Rakes of Mallow*

Suggested Lesson Time: 30 – 40 minutes

Lesson Development

Scattered Square Dance is square dance without squares. Students are “scattered”, move to the beat of the music and perform “calls” just as they would in traditional square dance. The teaching of scattered square dance begins with the introduction of the Single Formation calls and then the Partner Calls. Partners can be mixed or single gender. A benefit of Scattered Square Dance is the frequent changing of partners. Students work with ALL other students. When in partners, the call “Hit The Lonesome Trail” is the signal to “Honor Your Partner”, walk away and around the room and prepare to listen for additional calls.

Prior to the lesson, the teacher should become familiar with the calls and develop an understanding of the order in which calls should be taught. The following is a list of scattered square dance formations and calls. You and your students might like to create some of your own.

Single Formation Calls:

Keep Time to the Music: Clap, slap, slap, move any part of the body to the beat of the music while standing in one place.

Hit the Lonesome Trail: Walk around the room.

Turn One Alone: Turn around in place.

Line Formation Calls:

Horse and Jockey Promenade: Everyone line up behind a designated person in horse and jockey fashion. The leader then snakes through the room. This formation can be converted to “Circle Up All”.

Weave the Line: From horse and jockey promenade, the front person turns and weaves in and out of the line following behind. Each person follows the person in front of him/her.

Wagon Train: Couples promenade behind a designated leading couple.

Skin the Snake: From a wagon train, the lead couple turns around, hold inside hands with their partner to form an arch and lifts the arch over the remaining line. The remaining couples follow and “hit the lonesome trail” after passing under the arches.

Tunnel: From a wagon train, the lead couple forms an arch. The other couples go through the arch. As they come out of the arch, they form another arch on the other side. When all couples are in a tunnel formation, the first couple goes through the tunnel with the others following. At the end, all couples “hit the lonesome trail”.

Partner Formation Calls:

Honor Your Partner: Partners face each other and bow.

Circle Up Two: Join both hands with a partner and turn around in place.

Promenade: Stand side-by side with your partner facing the same direction. Join inside hands (or use your preferred promenade position) and walk around the room.

Do-Sa-Do: Face partner and pass right shoulder to right shoulder walking forward. Then, move one step to the right and back up passing left shoulder to left shoulder and back to your starting position..

See Saw: Reverse of Do-Sa-Do. Partners pass left shoulders first on the way forward and right shoulders on the way backward.

California Twirl: Partner is in promenade position. They join inside hands. One partner turns counter clockwise under while the other partner turns clockwise around.

Elbow Turn: Hook either right or left elbow with a partner and turn around.

Horse and Jockey: Partners are one behind the other with the back person putting their hands on the front person’s shoulders. Walk forward.

Change Jockeys: From the horse and jockey position, the two persons change to the opposite positions. The front person becomes the back person and the back person becomes the front person.

London Bridge: Two persons form an arch with their hands held high in the air. All the couples go under the arch.

Group of Four Formation Calls:

Circle Up Four: Four people all join hands and walk in a circle.

Partner and Corner: In the circle, your partner will be standing beside you. The person on the other side of you is your “corner”. Face your partner. Face your corner.

Allemande Left: Give your left hand to your corner, walk around in a circle and back to your starting position.

Allemande Right: Give your right hand to your partner, walk around in a circle and back to your starting position.

Left Elbow Turn Your Corner: Hook left elbows with your corner, turn around and back to your starting position.

Right Elbow Turn Your Partner: Hook right elbows with your partner, turn around and back to your starting position.

Do-Sa-Do: Face partner and pass right shoulder to right shoulder walking forward. Then, move one step to the right and back up passing left shoulder to left shoulder of partner. Can also be repeated with your corner.

See Saw: Reverse of Do-Sa-Do. Partners pass left shoulders first on the way forward and right shoulders on the way backward. Can also be repeated with your corner.

Star: Place designated hand in the center of the circle and walk around the circle, i.e. “right hand star”. Change it to a “left hand star”.

Birdie in the Cage: From a circle of four, one person goes inside the circle while the others keep circling around him. As another animal is called, “rabbit in the cage”, a different person goes inside while the “Birdie” returns to the circle.

Duck for the Oyster and Dive for the Clam: From a circle of four, couple A forms an arch. Couple B ducks halfway under the arch. Then, couple B makes the arch for couple A to duck under and step back.

Mountaineer Loop: From a circle of four, couple A forms an arch. Couple B goes under the arch, drops hands with their partner and continues in a circle around couple A and back to their place. Couple A then turns under their own arms. Both couples join hands again to form a circle of four.

Four Leaf Clover: Form a circle of four, couple A forms an arch. Couple B goes through the arch. Keeping their hands joined, couple B turns around under their own arms and faces couple A with their hands on top of their hands.

Turn the Rag Inside Out and Right Side In: From a circle of four, couple A forms an arch. Keeping all hands joined, couple B goes under the arch. Couple A turns under their joined arms. All are facing with their back to the inside of the circle. Perform the process backward to turn the hands-joined circle right side in.

Basket: From a circle facing inward. Each person should join both hands with the person across the circle from him/her. The partners with their hands on top lift their hands up and over the heads of the other two people. The remaining two people now lift their hands up and over the heads of the first two. Turn in a circle.

Right and Left Thru: Couples face each other. Give a right hand to the opposite person, pass by him/her, give a left to your partner and courtesy turn them around.

Square Thru: Couples face each other. Give a right hand to the opposite person, pass by them, turn $\frac{1}{4}$ to the left, give a left hand to your partner, pass by them, turn $\frac{1}{4}$ to the left, give a right hand to your opposite, pass by them, turn $\frac{1}{4}$ to the left, give a left hand to your partner, pass by them back to the starting position.

Big Circle Formation Calls:

Circle Up All: All individuals form one big circle.

Grand Right and Left: Face your partner. Give your right hand to your partner, step forward and stand shoulder-to-shoulder. Let go of your partner’s hand and give your left hand to the person facing you, step forward and stand shoulder-to-shoulder with this person. Continue alternating right and left hands until you meet your partner.

Wind the Clock: Form a single line with hands joined. The first person leads the group around in increasingly

smaller circles until the group is coiled. Then, the leader turns and unwinds the group through the inward walking line and back to the original circle.

Promenade: In a counterclockwise facing circle, with your partner by your side, join inside hands (or use your preferred promenade position) and walk around the circle.

Queen's Highway: Partners are in promenade position in a big circle. The outside partner turns around and walks clockwise while the inside partner continues walking counterclockwise around the circle until the partners meet and once again assume the promenade position.

King's Highway: Partners are in promenade position in a big circle. The inside partner turns around and walks clockwise while the outside partner continues walking counterclockwise around the circle until the partners meet and once again assume the promenade position.

Assessments

Assessment for National Physical Education Standard 2:

Fitness Scoring Guide For Scattered Square Dance

Place a "X" on each line to indicate the Fitness Requirements necessary to participate in Scattered Square Dance:

Score:	4(High)	3	2	1(Low)
Cardiovascular Endurance	_____	_____	_____	_____
Muscular Strength	_____	_____	_____	_____
Muscular Endurance	_____	_____	_____	_____
Flexibility	_____	_____	_____	_____

Place an "X" on each line to indicate the Fitness Benefits of participating in Scattered Square Dance:

Score:	4(High)	3	2	1(Low)
Cardiovascular Endurance	_____	_____	_____	_____
Muscular Strength	_____	_____	_____	_____
Muscular Endurance	_____	_____	_____	_____
Flexibility	_____	_____	_____	_____

Assessment for National Physical Education Standard 5:

Place an "X" on the line that best reflects your participation in Scattered Square Dance:

- I was respectful and cooperative with ALL of my classmates:
_____ All of the time
_____ Most of the time
_____ Some of the time
_____ A little bit of the time

2. My classmates were cooperative and respectful of me:

- _____ All of the time
- _____ Most of the time
- _____ Some of the time
- _____ A little bit of the time

Assessment for National Dance Standard 4:

Working with a partner, create a partner scattered square movement:

Describe the movement: _____

Create a name for the movement: _____

Find another couple. Teach your movement to them and then have them teach you their movement.

With all couples in the class, perform the movement you created and the one you learned to the music.

Assessment for National Dance Standard 5:

Our class is going to perform 10 minutes of Scattered Square Dance. Every student will wear a pedometer.

Estimate the number of steps you think you will take. _____

How many steps did you take during the ten minutes? _____

We are going to repeat the activity. How many steps will you take this time? _____

How many steps did you take during the second ten minutes? _____