

**LAHPERD DANCE CONFERENCE**  
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- 1- **Boa Constrictor- Shel Silverstein** <https://lyrics.lyricfind.com/lyrics/shel-silverstein-boa-constrictor>  
I am being eating by a Boa Constrictor- Repeat 3X  
Toes, OH NO!- Touch Toes- 10X  
Kness, OH GEEZ!- Tap knees -10X  
Thighs, OH MY!- Tap 10X  
Middle , OH FIDDLE!(waist)- Twist 10X  
Head, OH DREAD!- Tap head and reach to sky 10X  
I have been eaten by a Boa Constrictor- Repeat 3X  
Don't Pout, GET OUT!- Wiggle-10X
- 2- **Airplane Song- The Laurie Berkner Band**
  - **Integrate frisbee as a steering wheel**
- 3- **Make it Match!** -Scatter 6 different color hula hoops on the floor. Children walk the perimeter. When the child passes the bucket, they will select an item and walk around the perimeter/course with the item (object control) and then place the item in the hula hoop of the corresponding color. (red beanbag= red hoop, etc.). Repeat until all items are collected.
- 4- **Hula Hoop ME/Number Touch!**  
Scatter hoops all over the floor. Children move around the space placing the body part called by the teacher. Examples: one foot, both feet, one hand, both hands, etc.  
Scatter number polypots all over the floor. Children select a numbered polypot (1-30). If the number is 26, they will find the next number 27 and so on until they get back to the number 26. The student will repeat this pattern as many times as possible before the music stops.
- 5- **Bean Bag or Yarn Ball Bowling**
  - 1- **Place hula hoops on the floor. Children use the object to slide or roll the beanbag/yarn ball to a spot on the floor attempting to get the beanbag or ball onto the spot. After they roll/slide, they retrieve the object and try to roll to another spot.**
  - 2- **Add cones to the floor. Students now try to slide/roll into a hoop or roll/slide and try to hit or touch a cone. If the cone is knocked over, they will return the cone to the original position before moving on to another hoop or cone.**
    - \* large inflatable bowling pins work great for this activity
6. **Roll and GO!** Separate students into teams. The first student will roll the die. The student will then retrieve the cone with the corresponding number (cones numbered 1-6) and bring it back to their team. The next student will roll the die and retrieve the corresponding numbered cone. If a team member rolls a number that has already been retrieved, the team member must take the cone back the spot instead of retrieving a cone. The object is to be the first team to collect all six cones.
7. **THREE!** Students find a partner. They will toss and catch the ball while counting 1-2-3 on each successful catch. The partner that has the ball on THREE will move around the space looking for a new partner that does not have a ball and start a new round while the partner without the ball will find a new partner with a ball.
8. **Asteroid/Floater Tag!** Select half the students to receive a noodle. They are the asteroids. The other half of the students are floaters (crouch position on floor). The asteroids move around the space trying to tag other asteroids on the calf. If an asteroid is tagged by another asteroid, they must launch the noodle into the air and become a floater. A nearby floater can now retrieve the noodle and become an asteroid.

**9. Bounce Pass Mania!** Students select a partner. One partner will retrieve a ball and the other will retrieve a token. Partners will stand apart from one another with the token spaced an equal distance between. They will bounce pass the ball trying to hit the token. The student that hits the token will collect the token and place it in the corresponding color bucket and collect a new token to take back to their partner. The partner that is waiting will practice dribbling until his/her partner returns with a token. The object is to complete as many rounds as possible.

**10. Cotton eye joe with partner-** Select a partner and stand directly across from them. The teacher will call out a skill and students must meet in the middle to perform that skill and then return to their spot as quickly as possible. The teacher will call another skill and the students will meet in the middle and complete all previous skills and the new skill called by the teacher.

**11. Gym Walk** -Student selects a partner and competes the Gym Walk!

**12. Tic Tac Throw-** Students work with a partner. Set up nine polyspots on the gym floor similar to a tic-tac-toe board. Provide each student group with a tic-tac-throw task card and a ball. The partners will review the task card and decide which spot they want to attempt. One partner will be the spot partner and go to the spot while the other will be the throwing partner and remain at the perimeter. Once the spot partner has reached the spot, the perimeter partner will throw the ball to the spot partner. If they successfully complete the throw/catch, the spot partner will return to the perimeter and change places with the throwing partner selecting a new spot from the task card. Once the partners have completed the task card, they will get a new card and repeat.