DANCEPL3Y

Developing Physical Literacy through DANCE
Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

(Mandigo, Francis, Lodewyk & Lopez, 2012)
3 Rules of PL3Y

Be Positive
Be Fun
Be Yourself
DANCEPL3Y

BUBBLE OF AWESOME

#BUBBLEOFAWESOME  @DANCEPL3Y
WE FOUND LOVE by RIHANNA

POSES
CRISS CROSS
JUMPS
SIDE JUMPS
CROSS OUT POSE!
CRISS CROSS
SIDE JUMPS
LIMBO
JUMPS
SIDE JUMPS
CROSS OUT POSE
DARK HORSE by KATY PERRY

STEP STEP - BOUNCE BOUNCE
WATERMELON TAI CHI
TAP AND LEAP
WATERMELON TAI CHI
TAP AND LEAP
STEP STEP - BOUNCE BOUNCE
WATERMELON TAI CHI

Developing Physical Literacy:
FMS: Leap
FMS: Weight Transfer
FMS: Core strength/Balance

Choreography provided by
www.PL3Yinc.com

Oregon SHAPE 2017
BOUNCE GENERATION by TJR & VINAI

Developing Physical Literacy:
FMS: Jump
FMS: Hop
FMS: Shuffle
Element of Dance: Big/Small

Sports-theme: Basketball

BOUNCE A BASKETBALL: BIG + SMALL
FAST FEET
SHUFFLE 4 + JUMP 4
JUMP (2 FEET) 32
HOP 16 RIGHT – HOP 16 LEFT
BOUNCE A BASKETBALL: BIG + SMALL
WALK IT OUT
FAST FEET
SHUFFLE 4 + JUMP 4
JUMP (2 FEET) 32
HOP 16 RIGHT – HOP 16 LEFT
BOUNCE A BASKETBALL: BIG + SMALL

Choreography provided by
DANCEPL3Y
Oregon SHAPE 2017
HERNANDO’S HIDEAWAY
by ALFRED HAUS’ TANGO ORCHESTRA

FMS: Balance
FMS: Run
Element of Dance: Zig Sag

Culture: Argentina

3-2-1- TANGO
RUN
BALANCE
3-2-1- TANGO
RUN
BALANCE
3-2-1- TANGO
WIPE OUT BY THE SUFARIS

FMS: Leap
Element of Dance: Bounce
Element of Dance: Slow

SWIM FORWARD
SURF JUMPS
SWIM BACKWARDS
SURF JUMPS
DOGGY PADDLE
SURF JUMPS

Choreography provided by www.PL3Yinc.com
FIGHT SONG by RACHEL PLATTEN

Developing Physical Literacy:
FMS: Skip
Element of Dance: Sequence
Element of Dance: Wave
Meaningful Connections

Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
1-2-Open
COMBO
Skip
1-2-Open
COMBO
Slow Arm Wave
Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
COMBO
Hearts in the Sky

COMBO:
Punch-Punch-Freeze X8
Lean...Lean...Freeze X3
Stomp-Stomp-Clap-Reach Up.
Stomp-Stomp-Clap-Muscles.

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Oregon SHAPE 2017
TO DEVELOP PHYSICAL LITERACY through DANCE...

- Integrate Fundamental Movement Skills
- Explore a range of movements from different disciplines
- Focus on student success
- Provide opportunities for challenge
- Inspire imagination and creative thinking
- Foster growth mindset
- Allow students to get interACTIVE
- Facilitate meaningful connections
WORLD LEADER IN DEVELOPING PHYSICAL LITERACY AND KEEPING STUDENTS ACTIVE WITH DANCE

PRE-CHOREOGRAPHED RESOURCES
INSTRUCTOR TRAININGS
IN-SCHOOL WORKSHOPS FOR STUDENTS

www.dancepl3y.com
Get access to 10 Dance Videos Designed to Develop Physical Literacy

(including detailed choreography/coaching notes)

New dances updated each month!

Go to learn.pl3yinc.com/courses/dances-for-physical-literacy