***Team Time***

I was introduced to “Team Time” by its originator, Meg Greiner, several years ago. Instantly I could see the benefits for my school, Travis Elementary. Using Team Time, we could meet the California State mandated total number of minutes for elementary physical education for all grade levels. I implemented it promptly with very positive results. Eventually, after seeing the success of the program at one individual site, the Travis Unified School District expanded the program to all elementary schools.

Over the past several years, I have adapted Ms Greiner’s program to suit the needs of my students just as I invite you to do. Team Time at my school is five days a week for the first fifteen minutes of the day. Everyone is encouraged to participate—over 500 students, staff, as well as visiting parents and guests. This activity is not just about increased physical fitness. Test scores are significantly higher, and teachers state that students are much more alert and ready to learn when they re-enter the classroom. Staff has fun interacting with students on the dance floor as they learn and practice the steps. Consistently, parents have complimented the program based on enthusiastic reports and demonstrations from their children. Eventually, students took ownership in the program by creating their own dances and teaching them to me and in turn the rest of the school.

Many of my “Family Nights” feature Team Time: it makes for great public relations. My students have given demonstrations at school board meetings and other functions designed to increase awareness of the PE program at the elementary level. It is not unusual for former students to visit the school and delight in finding they still remember the dance moves!

With this energetic program, we come together as a school every morning. We enjoy a unifying experience that we have made uniquely ours. I try to incorporate music that the kids particularly enjoy, although occasionally I need to adapt it to a G rated version. It’s great fun to create dances for holidays and specific events. For instance, my Halloween version includes “The Monster Mash”, “Thriller”, and hilarious, horrific routines made up of a variety of creature steps.

Equipment is pretty minimal, but it is essential that you have either a PA system or a sound system loud enough to be easily heard and a space big enough for everybody to move. Ideally, a stage allows the leader to be in easy view of the class, but you can find ways to adapt your space to make it work for you. Don’t worry about making mistakes or looking goofy—it’s all part of the fun and if you wait until you’ve gotten it perfect, you’ll never get to it!

Good luck!

***TEAM Time Dance List***

***Macarena “Math-a-rena”*** *Music:* Macarena by Los Del Rio & Fangoria *Type:* 4 wall dance *Speed:* M

Hands:

* R/L palm down ***Have students complete their multiplication facts to the beat***
* R/L palm up ***to complete the “Math-a-rena”***
* R/L to head
* R/L to opposite shoulder
* R/L to front hips
* R/L to back hips

Swing hips and jump ¼ turn to left (16 total)

Repeat dance

***Mountain Music*** *Music: Mountain Music by Alabama Type: Slow w/ fast ending*

* Grapevine right (4)
* Grapevine left (4)
* Walk back (4)
* Walk forward (2)
* Click heels together x 2 and yell “Yee-Haw)
* Toe touches Right F x2, Right back x2, RF, RB, R side
* Toe touches Left F x2, Right back x2, RF, RB, R side
* Repeat

***5, 6, 7, 8*** *Music: 5, 6, 7, 8 by Steps Speed: Med/Fast*

* Begin the dance by jumping up and down 4x while they say, “It’s Time to Begin, It’s Time to Begin, 5, 6, 7, 8
* Grapevine R (4) Grapevine L (4)
* Moving forward…Angle step R, clap, angle step L, clap, angle step R, clap, angle step L, clap (8)
* Slap R hand on R thigh, L hand on L thigh, slap R hand on R hip, slap L hand on L hip, clap 2x, point to your head, then point to your toes (8)
* Walk Backwards 4 steps, then jump in place 4x (the song will say 5, 6, 7, 8)
* Repeat

***“Up” Line Dance*** *Music: Up! by Shania Twain Type: Line Dance Speed: medium*

*Cowboy walk 4x forward, Heels out/in out/in (4), (8)*

*Cowboy walk 4x Back, Heels out/in out/in (4), (8)*

*R Heel touch 2x, L Heel touch 2x, R Heel touch 2x L Heel touch 2x (8)*

*R Heel touch 1x, lift R Leg, stomp R, Pause, L Heel touch 1x, lift L leg, stomp L, Pause (8)*

***Repeat whole section \* only R heel touch, lift, stomp at end***

*Polka square R (8)*

*R Step cross, step, stomp L, L step cross, step, stomp R (8)*

*Polka square R (8)*

*R Step cross, step, stomp L, L step cross, step, stomp R (8)*

*Cowboy walk 4x forward, Heels out/in out/in (4), (8)*

*Cowboy walk 4x Back, Heels out/in out/in (4), (8)*

*R Heel touch 2x, L Heel touch 2x, R Heel touch 2x L Heel touch 2x (8)*

*R Heel touch 1x, lift R Leg, stomp R, Pause, (4)*

*Polka square R (8)*

*R Step cross, step, stomp L, L step cross, step, stomp R (8)*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*Grapevine R (3), Stomp L, Grapevine L (3), stomp R (8)*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*Grapevine R (3), Stomp L, Grapevine L (3), stomp R (8)*

*Cowboy walk SLOW 4x Forward, Cowboy walk SLOW 4x Backward (16)*

*Cowboy walk SLOW 4x Forward, Cowboy walk SLOW 4x Backward (16)*

*Cowboy walk 4x forward, Heels out/in out/in (4), (8)*

*Cowboy walk 4x Back, Heels out/in out/in (4), (8)*

*R Heel touch 2x, L Heel touch 2x, R Heel touch 2x L Heel touch 2x (8)*

*R Heel touch 1x, lift R Leg, stomp R, Pause, L Heel touch 1x, lift L leg, stomp L, Pause (8)*

*Polka square R*

*R Step cross, step, stomp L, L step cross, step, stomp R (8)*

*Polka square R*

*R Step cross, step, stomp L, L step cross, step, stomp R (8)*

*Lift R foot front slap with left hand, right foot to the side slap w/R hand, R foot back slap w/L hand, R foot down (4), Lift L foot front, slap w/R hand, L foot to the side, slap w/L hand, L foot back, slap w/R hand, foot down (4) (8)*

*Repeat foot slapping 2x*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*R side step, Pivot R, Pivot L, stomp L, L side step, Pivot L, Pivot R. stomp R (8)*

*Giant slide step R, tip cowboy hat (4)*

***One World*** *Music: One World by Cheetah Girls Type: 1 wall dance Speed: medium*

* Grapevine Right (4)
* Grapevine Left (4)
* Grapevine Right (4)
* Grapevine Left (4)
* Back R, L, R, L (4)
* Clap 4 times (4)
* Jump forward 4x (4)
* Clap 4 times (4)
* Repeat

***Get Ready for This*** *Music: Get Ready for This by Crazy Frog Type: 1 wall Speed: Fast!*

* Grapevine Right (4)
* Grapevine Left (4)
* Right foot kick forward, backward, side, together (4)
* Left foot kick forward, backward, side, together (4)
* Macarena Hands, R head, L head, R shoulder, L shoulder, R waist, L waist, R hips, L hips (8)
* Jump in circle (4)
* Repeat

***Lilo & Stitch Roller Coaster Dance*** *Music: Hawaiian Roller Coaster Ride by Kamehameha Schools Children’s Chorus & Mark Keali’i Ho’omalu**Type: 4 wall dance Speed: slow*

* Grapevine Right (4)
* Cabbage Patch (4)
* Grapevine Left (4)
* Cabbage Patch (4)
* Walk Back (4)
* Hands to Roof Right x2 Hands to Roof Left x2 (4)
* Walk Forward (4)
* Hands to Roof Right x2 Hands to Roof Left x2 (4)
* Hips L, R, L, R
* Jump, Jump, Jump, Jump w/1/4 turn counter clockwise
* Repeat

***Other songs I have used over the years:***

Agadoo

Celebration by Foundation

Copperhead Road by Steve Earle

Cotton Eye Joe by Rednex

Dynamite by Taio Cruz

Eye of the Tiger by Willfire

Feel this Moment by Pitbull

Fire Burning by Sean Kingston

The Fox (What does the Fox say) by Ylvis

Gonna Make You Sweat by, C&C Music Factory

Harlem Shake by Baauer

I Gotta Feeling by Black Eye Peas

I’m a Gummy Bear by Gummibai

I’m Gonna Get You Baby by Various Artists

If Bubba can Dance by The Country Dance Kings

Party Rock Anthem by LMFAO

Stayin’ Alive by Bee Gees

The Stop by DJ Lou

#thatPower by will.i.am

Thriller by Michael Jackson

Watch Me (Whip/Nae Nae) by Silento

What a Feeling by, Alex Gaudino

Wipe Out by Surfaris

Achy Breaky Heart by The Kids Dance Express

Axel F by Crazy Frog

Can You Feel It by Matrix

Celebrate by Pitbull

The Cup of Life by Ricky Martin

Dare You by Hardwell

Everything is Awesome by Tegan & Sara & The Lonely Island

The Final Countdown by Vancouver 5

Happy by Pharrell Williams

I Will Survive by Jam & Tonic

Let It Grow by Ester Dean

Martian Hop

Popcorn by Crazy Frog

Sandstorm by The Countdown Singers