Polka

**AGE/GRADE LEVEL:** Youth, Pre-K-5; Teens; Adults and Older Adults

**FORMATION:** Standing or seated

**EQUIPMENT:** Polka music CD; CD player

**RULES/DIRECTIONS:**
1. Instructor teaches basic polka step before starting the music; YouTube has several videos.
   - First step long, followed by two half-steps (oom pa pa): Move left foot forward, close the right foot to the left and step left again, then bounce the right foot forward. Close the left foot to the right and step right again; repeat.

2. Teacher asks students to dance around the room or in place; vary the intensity by the length of the step, height of the leg lift and/or bounce. Suggestions for use during a nutrition class:
   - Start the lesson with a polka dance
   - Insert a polka dance break into the lesson
   - End the lesson with a polka dance

3. Suggested polkas (most found on YouTube):
   - *Hoop Dee Doo polka* (with words); this song features positive upbeat lyrics referencing soup and fish.
   - *Apple Peaches Pumpkin Pie* (without words); use acoustic (music-only) version as not all lyrics are appropriate for young people. Use with a fruit lesson.
   - *Alphabet polka*; visit [http://www.pintsizepolkas.com/music.htm](http://www.pintsizepolkas.com/music.htm) or search for “Pint Size Polkas” on YouTube to hear this song.

**VARIATION:** Polka steps can be performed with legs while seated; participants can clap to the rhythm.

**NUTRITION NOTE:** Match the theme of the music to the lesson, or make up words that match the theme of the lesson.

Use with a lesson on Central and Eastern European foods.

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