



Dance Dance Revolution (DDR)™ Does a Body Good
Using DDR for Strength and Conditioning

Written by

Cora Mann

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Teaching Guide Overview

Dance Dance Revolution (DDR)[™] has created a fun and healthy way for students to become more active and realize the benefits of physical activity. DDR[™] delivers a healthy workout to students of all ability levels, and is an excellent addition to any physical education class. DDR lets students exercise at their own pace, while still having fun playing a video game. The benefits of using DDR in the classroom are lifelong. DDR helps students to develop healthy habits and a fitness-oriented lifestyle. DDR[™] provides the opportunity for students to understand the use of energy in their own bodies. DDR[™] also comes with a built-in workout mode that allows players to track how many calories they burn as they play. As a result, students have the opportunity to understand the basics to maintaining a healthy weight which is commonly phrased as “calories in = calories out”. Furthermore, using DRR, students also have the chance to learn about and improve their cardiovascular health and physical agility. Overall, DDR is an excellent way for students to strength and condition not only their mind, but also their heart.

In this guide, lessons will be addressed that use Dance Dance Revolution (DDR)[™] as part of a Girl’s Volleyball Strength and Conditioning program. Although the lessons will be sports specific, this guide and the lessons can be applied for any physical education class.

DDR[™] Description

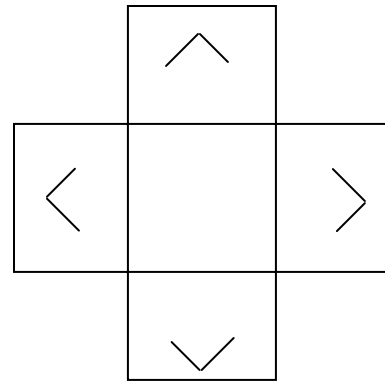
“DDR[™] is an interactive rhythm-based dancing game you play with a mat controller that is placed on the floor. The concept is basic. Directional arrows scroll up the screen, meeting with a set of arrow silhouettes that rest at the top of the screen. When the scrolling arrow meets the stationary one, that is your cue to step on the corresponding spot on the dance mat. You are scored based on how perfectly you time your steps. When you do well, the game begins to count the number of steps you have correctly executed as a combo. The goal, of course, is to not miss any steps at all. If you miss too many, the game ends. DDR[™] is the ultimate dancing game which combines fun, excitement, competition, choreography, and a great workout (*Gerstmann, 2005*)”.

Using DDR™ in the Classroom

DDR can be used in a gym, a multipurpose room, or anywhere with a TV and a plug. You will need enough space for a dance pad for each student. This guide calls for 2-4 real dance pads that can be plugged into the Xbox and dummy pads. The dummy pads can be made with tape on the floor. There should be one dummy pad for each student, minus the number of real game pads.



Real Pad



Dummy DDR Pad

The Advantages of Teaching with Games

Daily, teachers are challenged as to how to help their students achieve. Depending on the teacher and the student, this looks different in every subject. What does not look different in every subject is the satisfaction level of the students who have achieved. In order to have all students feel this satisfaction, they must feel like they have mastered something. Today, students are getting this feeling from technology, especially in the form of video games. By playing video games students learn how to gain ownership, are challenged and become experts. Ownership, challenged, and expertise are often what many teachers would like to see in all their students. Therefore, it is time teachers take the concepts that drive videos games, and use those same concepts to drive teaching and learning.

DDR allows PE teachers to use these concepts in class. Using DDR helps kids get interested in being active. DDR is both physically and mentally challenging. Kids who don't like other things, like basketball, jumping rope or ball activities will like DDR (Barker, 2005). It may be the one thing that teaches students to enjoy a lifetime of healthful physical activity. Therefore, video games, like

DDR are a perfect supplemental material to use in the classroom. These games are realistic, challenging, doable, and fun and even better they allow students to know what achievement looks like.

Goals and Objectives

The goals of the following lessons are to improve strength, agility, and movement and enjoyment of physical activity.

The objectives of the lessons are to:

- quicken foot speed
- increase coordination
- practice competition
- increase jump height
- increase VO2 max (the chemical ability to use oxygen for optimal energy)
- gain muscle
- increases self-esteem
- enjoy participating in physical activity

Grade Level Standards and Content Area

National Standards for Physical Education for Grades 9-12

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

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

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (NASPE, 2005)

Where the Game fits into the Curriculum

This guide can be used to introduce or review any of the 6 content standards of the National Physical Education Standards. Although the lessons in this guide will focus on a high school team sport strength and conditioning, it can also be used in any PE class, both boys and girls, grades 7-12. Along with meeting the PE content standards, this game helps build a healthy competition level and supports teambuilding. For example, this game provides opportunity for students to not only compete against each other, but also teach each other how to get better. Overall, DDR is not only a healthy choice for a PE curriculum but it is also fun, a must in every curriculum.

What Teachers and Students Need to Know Before Beginning

How to Play

Your "controller" has four directions: left, down, up, and right, which are shown at the top of your play screen. You select a song. As the song plays, arrows will start scrolling up to your top line. When an arrow scrolling up reaches the line of arrows at the top, you must "step" on the direction matching that arrow's direction. If two arrows come up at once, you must press both at once. If a green "freeze" arrow appears, you must hold that step at the beginning until the freeze arrow ends.

Game Mode Options Used in this Guide

- Game Mode: Select this to access the main game.
- Battle Mode: Challenge other players to see who is the better dancer.
- Edit Mode: Create your own step patterns for any open song.

Game Controller Pad

- Directional Buttons: Moves your selection on all the menus or steps in that direction
- A: Confirm selection
- B: Cancel selection
- Start: Start game
- Back: Hold during game play to automatically fail the song



Getting Started

- Select a Mode on the menu screen
- Select Your Style
- Select Difficulty
- Select Music

*The Screen*

- The main field consists of the arrows and the Step Zone, which is a line of arrows on the screen. Arrows will begin scrolling along the screen.
- As the arrows reach the Step Zone, you need to step on those arrows.
- If you see a green Freeze Arrow, you need to step on that arrow and hold it until the Freeze Arrow ends.
- On the top of the screen is the Dance Gauge.
- On the bottom of the screen is the difficulty level and your score.
- In the middle of the screen you will see your step accuracy.



Tips for a beginner:

1. Get a good feeling for the beat.
2. Now that you have the beat, you must find the arrows with your feet, not your eyes.
3. Keep your center.
4. Use the balls of your feet.
5. Now get used to the speed of the songs, as well as the speeding-up, slowing-down, and stopping.

This and more info can be found at <http://www.neoseeker.com/resourcelink.html?rlid=85168&rid=79095>.

Hardware Requirements

- 1 TV
- 1 Xbox
- DDR Ultramix & 2-4 DDR Mats

Lessons Overview

The following lessons in this guide are designed to help strengthen and condition volleyball players using DDR. The lessons in general will focus on cardiovascular training, agility, and jump. Each lesson should be used once a week during the off-season training period. The lessons will utilize both Battle and Game Modes. Also, Edit Mode will be used to create dances for volleyball specific training. The lessons will include all group training, and pair circuit training. Before the lessons begin the teacher must know how to use edit mode to program specific dances/trainings. Please see “How to Create a Dance” (Appendix 1). Before students begin playing DDR it is important for students to be able to start a new game and select a song quickly. Please print “How to Play” for the students before the lessons (Appendix 2). Once students are familiar with how to play the game, it is the teacher’s responsibility to facilitate transitions, make suggestion for improvement, and make sure that students are safe.

Lesson One – Queen of the Pad

This lesson is modeled after the volleyball drill, Queen of the Court. In this lesson two players start out on the real game pads connected to the game/TV. All the other students/players will have dummy pads. All students/players will dance to each song in Battle Mode. The winner, based on points will be the Queen of the Pad, and will earn the right to stay playing on the real game pad. The other players will play on dummy pads, and the next challenger will compete against the Queen. This cycle will repeat for a full 30 minutes.

Lesson One Goals and Objectives

1. Given 2 DDR pads, TV, Xbox, and dummy pads students will be able to quicken foot speed, and increase stamina by competing for queen of the pad.
2. Given the competition, students will be able to express emotions that come with winning as well as losing.

Lesson One Setup

1. Set up TV, XBOX and 2-4 Game Pads, and DDR Ultamix.
2. Using masking tape, have students make enough dummy mats for every student not starting on the real game pads.

3. Students will need to wear PE or comfortable clothing and socks/barefoot.
(Shoes are not recommended for the pads)

Lesson One Gameplay

1. Students should be familiar with “How to Play” handout. Students should select Battle Mode/Score Battle for the lesson.
2. Begin with 2-4 students on the real mats, with the rest of the students on the dummy mats. After each song the student with the best score will stay on the mats, and 1-3 (depending on the # of mats) new students will take the place of the losers. This exchange should happen for all songs, except for the warm-up and cool-down.
3. Warm Up - Select and complete the song *Sana Molette Ne Ente* 2 times. Next, select and complete *Overblast* 3 times. Select and complete *Exotic Ethnic* 1 time.
4. Once warm-up is complete, let the games begin. Students will now select the song using the “Random” option. This way no one player has an advantage and it varies the pace of the workout. Complete as many songs possible until 5 minutes are left in the class.
5. Cool Down to the song *Keep on Movin’*. Complete 2 times. Then students should clear the mats, form a circle, and cool down stretch.

Lesson One Cool Down Debriefing

While stretching for a cool down, students should engage in a group discussion. The discussion should include what successes and frustrations students had while playing. During this discussion students should give tips and tricks to one another on how to get better. Also, during this discussion is when the teacher should facilitate discussion on healthy competition level, how to deal with losing, and what it feels like to win.

It is important that students learn that where there are losers, there must also be winners.

As such, as students must not be poor losers, they must also not be poor winners.

Lesson One Additional Play Options

If space or time is an issue, instead of having students dance on dummy pads they could jump rope while waiting for their turn on the pad. Also, if possible this lesson can also be set up with more than one system. If it is possible to utilize more than one system (1TV, 1 Xbox, 2 Game Pads) then the class could be divided to play multiple games of “queen of the Pad” at the same time. In any of these versions of play, instead of having the

students select random for the song choice, have the Queen choose any song of her choice.

Lesson Two – DDR Circuit Jump Training

Lesson two is designed to include DDR as part of circuit jump training workout. In this lesson students in groups of two will complete a variety of plyometric exercises at different stations. Among the stations are exercises such as jump rope, approach jumps, broad jumps, burnouts, etc., and DDR created dance. The dances created will have all steps completed with two feet, and should be performed jumping. In order for the lesson to run smoothly there should be enough stations for each pair of students. Students will rotate through each for a total of 1 class period. DDR will determine the length of time which each pair stays at the station. Students will dance/play one song and then rotate.

Lesson Two Goals and Objectives

1. Given the variety of jump circuit stations including DDR, students will be able to increase jump height.
2. Given the difficulty of circuit training students will increase stamina to prepare for the physical demands of competition.

Lesson Two Setup

1. Create specialized training dance, using “How to Create a Dance,”
2. Setup enough jump training stations for each pair of students. See teacher resources for website for sample jump training exercises.
3. Students will need to wear PE or comfortable clothing and tennis shoes. Students need to wear shoes for all jump training stations, and must remove shoes for the DDR station. (Shoes are not recommended for the pads)

Lesson Two Gameplay

1. Warm Up - 3 minute light jog. This can be in place, around the room, or around the building.
2. Next, place pairs of students at each jump training circuit station.
3. Make sure the students know which way to rotate before they begin and that they are familiar with the “How to Play” worksheet.

4. The pair of students who are at the DDR station will determine the time at each station. The students at the DDR station will have to remove shoes, and select Game /Versus /Light Mode and select the song called *Super Star*. (This song should have a blue E to the right of the title indicated it is the edited version). Remind students that they are to complete the dance with double jumps for each step. As the song begins the students playing DDR will yell start. All students will begin the exercise at their station. They will not stop until the song is over and they have put on their shoes. At this point, the DDR pair will yell stops and all pairs will rotate to the next station.
5. Repeat #4 until students have complete all jumping exercises 1 or 2 times depending on class time.
6. Cool Down same as warm-up followed by stretching.

Lesson Two Follow-Up

As a follow-up assign student pair to Edit new dances/trainings. To do this students' should use "How to Create a Dance". (Appendix 1)

Lesson Two Additional Play Options

Additional play options for this lesson include using three different DDR stations with each with a different edited dance. These dances should focus on right leg only, left leg only, and double leg jumps. Also, in addition strength training stations can be included.

Teacher Resources

1. FAQ's and Walkthrough for DDR

<http://www.neoseeker.com/resourcelink.html?rlid=85168&rid=79095>

2. DDR's Health Benefits To Nation's Physical Educators Conference

<http://www.sportsology.net/nonsports/nsvideogamesarticle.php3?ArticleID=719>

3. Learn Spanish Using Dance Mats

<http://www.we-make-money-not-art.com/archives/004328.php>

4. Everything DDR

<http://ddrfreak.com>

5. DDR on Your TV, no Xbox Needed!

<http://www.keepgaming.com/ddr/tv-mat.htm>

6. Jump Training Articles and Exercises

http://www.performbetter.com/catalog/matriarch/MultiPiecePage.asp_Q_PageID_E_104_A_PageName_E_plyometricsarticles

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Appendix 1

“How to Edit a Dance”

The Goal of this handout is to help create a dance in DDR edit mode that has only double jump steps.

To Begin:

If possible, it is recommended that a regular Xbox controller be used to create dances when in edit mode.

- Turn on Xbox.
- Select **Edit Mode**.
- Select **New Data**.
- Select the **Song** *Super Star*.
- Select **Single** (for the use on one pad per player)
- Select **No** Sample Data
- Begin **placing TWO arrows** on each line using the directional pad arrows. At this point it doesn't matter which two arrows are done. Just create a good variety of different double footed jumps.
- Once you feel you have placed enough arrows/jumps for dance (about 25 to 50) save the data by selecting **Save & Load**
- Choose an empty slot for the data file.

The data must be loaded before the dance can be used. To do this...

- When the song selection screen appears press the **Select Button**
- Choose appropriate **Folder** (where you first store the song in the empty slot, most likely folder 1) and select using **Start Button**
- **Confirm** loading the folder
- Press **Select Button** to return to the song screen and find your song and make sure there is a **blue “E”** next to the song title (Super Star) on the right. This ensures that it will be playing the edited version.

Appendix 2

“How to Play”

The goal of this handout is to teach student to start the DDR game based on the objectives of two lessons.

Lesson 1 – Queen of the Pad

- Turn on **Xbox**
- Press the **A Button**
- Select **Battle Mode**
- Select **Score Battle**
- Select **2-4 players** depending on number of real pads
- Press the **Start Button**
- Select the **Light**
- Select a **Song** or **Random**, according to instruction from teacher
- And **Dance**

Lesson 2 – DDR Circuit Training

- Turn on **Xbox**
- Press the **A Button**
- Select **Game Mode**
- Select **Versus**
- Select **Light**
- Select the **Super Star** with **blue “E”** next to the right of the title by pressing the **Select Button**
- And **Jump**