

USE OF THE “JUST DANCE” GAME AS RHYTHMIC AND COORDINATION IMPROVEMENT IN GYMNASTICS FOR ALL GROUPS

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As it is known, new technologies have facilitated and aided in the development of sports training methodologies around the world, with the objective of enhancing the performance of

the characteristics and specific aspects of each modality, and with gymnastics disciplines practices would not be different. Thinking of looking for integrative alternatives of social interaction, improvement of performance of mainly coordinating capacities and ways that were in accordance with the concepts of Gymnastics for All, we tried some proposals. The aim of this study was to use and to adopt games for a Gymnastics for All group training. In this way, a more common interest and experience was sought among the members of the group in relation to technology, training (mainly related to coordinating capacities), practice of physical activity and entertainment, to videogames, more specifically to electronic dance games. The method used was the participant observation, in the Gymnastics Group Lapegi Unicamp (FCA- UNICAMP). The game chosen by the members was the Just Dance, according democratic and dialogic principles of our proposal for GfA, one of the most popular games of its kind in the world. Existing franchise since 2009 and that currently has 10 games of the main series, and present in several world consoles of the market, in diferente generations. In the game players must reproduce the dance movements of the choreographies demonstrated on the screen, having their movements captured by motion sensors. The more faithful the choreography, the higher the score and, at the end of each one, the player with the most points, wins. The choreographies are divided into levels of

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difficulty and in solo, double, trio or quartet choreographies, cooperatively or otherwise. Each version of the game contains on approximately 40 songs of different and global styles of music, bringing a great rhythmic variation and of musical culture for the players. However, as the group's goal - like in general that of Gymnastics for All - is not that of competitiveness, we made some adaptations so that the strategy could be adopted in the training sessions, with specific objectives to be observed and fulfilled. The choreography of the game was proposed by the group members themselves, chosen and accessed on YouTube, projected on a wall of the FCA practice room with the aid of a projector in a visible way to all. The songs were selected according to the group's preference at that time (again according by democratic and dialogic principles), with different musical styles and levels of choreographic complexity. Depending on the purpose of the training, the activity was placed as heating or as a main part, being selected different amounts of choreography according to the purpose of the meeting. Another variation granted, in the perspective of autonomy, was the possibility that the choreographies could be performed individually, in pairs, trios or quartets. In addition to becoming a fun and enjoyable activity, in line with the daily experience, the use of the game brought to the group members an apparent improvement in their rhythmic and coordinating skills, working with the expansion of motor vocabulary, music-movement relationship and in addition to working on important social and psychological aspects such as social integration and exposure to the public, which are also important for the process of learning new gymnastic elements and / or new choreographies within Gymnastics for All. In addition, the experience with the game ended up also bringing new ideas for dance steps and musical innovations that the group could eventually use in their own choreographies, making the experience very positive and pleasurable for practitioners. In this scenario, the use of this game can collaborate in different ways for the development of GfA proposals, in teams/groups with different cultures, especially since it is a game known worldwide.

Keywords: Gymnastics For All, Just Dance; Gymnastics Choreography.