



ABOUT DDR

Dance Dance Revolution (DDR) is a dancing video game, like an electronic version of "Twister," or "Simon Says" for your feet. There are many different dancing games on the market. Instead of holding a controller, players stand on a floor mat. Music (mostly techno and dance) plays while the screen shows a pattern of steps with a vertically scrolling series of arrows pointing left, right, up, and down.



The scrolling arrows pass a horizontal row of arrows at the top of the screen. As the arrow scroll and pass the bar at the top of the screen, the player steps on the corresponding button on the mat, hitting the button on the mat as the arrow on screen passes the bar. On more complicated songs or levels, steps combine, requiring the player to step on more than one button at a time. Points are awarded for speed and accuracy, and the points and number of correct steps in a row add up to a letter grade. Each song has several levels of

difficulty and speed. New songs are unlocked as a reward for progressive improvement and high scores.

DDR Tips:

- Wear comfortable, breathable, layered clothing.
- Stay hydrated with plenty of water.
- Relax! Hold your body loosely and breathe.
- Start moving when the music starts to get the beat.
- Listen to the music.
- Count along your head – 1-2-3-4, 1-2-3-4.
- Watch the scrolling arrows, not the top of the screen.
- Start with songs that are under 100 beats per minute.
- Start with songs that are 2 or 3 "feet" on light setting.
- Use both feet, and try facing sideways instead of forward.
- Don't stomp; the pads are very sensitive.
- Don't move back to center of the pad after each step; stay on the arrows.
- Don't lift your feet too high or spread your legs too wide; save your energy by shifting weight.



DDR Research:

A study by T. McGraw, K. Burdette, & Chadwick, K. (June, 2005) titled *The Effects of a Consumer-Oriented Multimedia Game on the Reading Disorders of Children with ADHD* revealed that playing DDR improves pattern recognition skills, especially in ADHD students- there is a correlation between playing DDR and improved reading test scores! DDR offers an aerobic workout that gets the heart rate up to 140 beats per minute. Schools in West Virginia, Kansas, and California are implementing DDR and similar video games into the physical education curriculum.