

Dance Freeze

Group Size: 8-30+

Age Group: preK-5th grades

Length of Activity: 5-15 minutes

Developmental Goal: To increase aerobic fitness through ongoing dance

Skills Practiced: Increase aerobic fitness, develop various motor skills and coordination, listening and awareness.

Equipment Needed: Radio, tape or CD player

Set Up: Designate an open area free of obstacles approximately 20'x20'. Have the radio or tape/CD player ready with an appropriate station or music selection.

How to Play:

- In this activity, students dance as the music plays.
- When the music stops, each student must freeze immediately and hold that position until the music begins again.
- If a player does not freeze immediately, s/he does 10 jumping jacks during the start of the next round and then rejoins the dance.
- Since this is an aerobic game, it is better not for students to get, "out."

Variation(s):

- Assign students as a look-out and have them pick out a unique dance move. When the music stops, they demonstrate the move for everyone; the group tries the new move at the start of the next round.
- Rather than have students do 10 jumping jacks, have them do something else- push-ups, a balance challenge, act as DJ, etc.

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