

# Freeze Dance

Pick a favorite class song and turn it on!  
Have your students dance around the classroom. Pause the music and have your students freeze. They can begin dancing again when you start the music back up.

\*Fun Tip: When you pause the music and students freeze, call out a action movement such as 1 hop, 2 jumps, 3 kicks, etc for students do when the music is frozen.



# Fitness Fun

Hop, Skip, & Jump...Oh My! As a class, come up with some fun and creative movements such as army crawls, hops, turns, etc and put them into a hat or container. In another container, put numbers 1-10 on index cards or scraps of paper(1 number on each card/paper). Turn on your favorite songs and take turns having studnets draw a number and a movement. Do the movement all together as a class! You can even come up with some unique movements that will for sure get the giggles out while getting the exercise in!



# Dance Around the World!

Create an age appropriate playlist of songs from different cultures from around the world or from different times such as rock n' roll songs or pop songs from the 50's or salsa music that originated in Cuba! Play a little of each song and ask your students how they would dance to that type of music. Throw in a few history facts about each genre/song to give a little history lesson while having fun moving!



# Classroom Obstacle Course

Group your students into 2-3 teams. Have each team work together to come up with an obstacle course, using items in the classroom. Each team will take a turn completing the other team's obstacle courses. Use a timer to see who finishes the fastest. Afterwards, turn on some fun music to dance and celebrate everyone's teamwork during the activity.