



MOVING TO MUSIC



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Objective

By moving to music, the children play at a high-intensity level and challenge their motor skills whilst dancing. At the same time, the children practise listening and remembering instructions on when to 'freeze'.

Equipment

Music (preferably music that motivates a high level of activity)

Instructions

1. Tell the children in what position they shall 'freeze' when the music stops. For instance, on their stomach, back or bottom.
2. Put on the music.
3. The children dance for as long as they hear the music.
4. When the music stops, they must 'freeze' in the position they were told to freeze in.
5. They are then informed about the next position.
6. When the music starts again, the children shall quickly stand up and continue dancing.

Variation

- To increase the difficulty level, more elements can be added for the children to do when the music stops, e.g. "On your back first and then your stomach."