

## THE DANCE PARTY

### ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

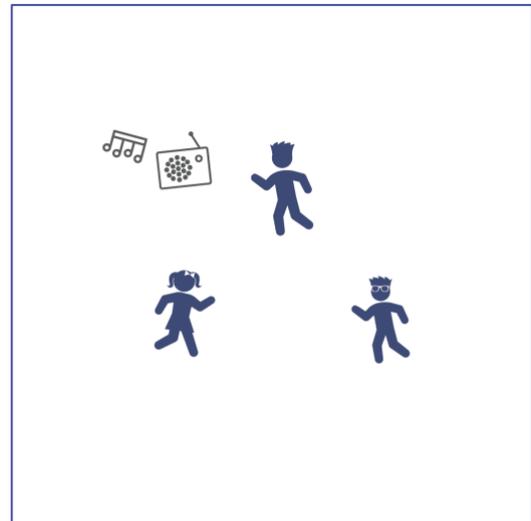
- Dance Cards
- Upbeat, fun music and music player

**Set-Up:**

- Create a safe space large enough to dance with friends.
- Get your music ready!

### TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



**Activity Procedures:**

- It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

**Tips:**

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

EATING  
HEALTHY  
101

- Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

DANCE PARTY CARDS

**Robot  
Dance**

**Basketball  
Dance**

**Football  
End Zone  
Dance**

**Superhero  
Dance**

**Grasshopper  
Dance**

**Soccer  
Dance**

**Tiptoe  
Dance**

**Super Cardio  
Dance**