

THE WAY YOU MOVE

Use the activity below to get students thinking about the different ways they can move!

Materials Needed: Found objects in your classroom, masking tape, music

1. To begin, set up desks, chairs and other similar items in an interesting way to create an obstacle course in the classroom. If possible, there should be at least 8 to 10 feet between each object.
2. Next, tape arrows on the floor that clearly mark the direction of the obstacle course.
3. Walk students through the course and encourage them to safely explore the following with the objects:
 - Going around
 - Leaping over
 - Ducking under objects
4. Play some interesting music and, one by one, a few steps behind the person in front of them, challenge students to walk through the course to the music, choosing how to get past each object.
5. Change the music and have your students explore the course again, but this time encourage everyone to change the way they travel. They can:
 - Skip
 - Go in slow motion
 - Gallop
 - Combine all of the above
 - Generate ideas as a group about other ways to move and dance through the course
6. As a final challenge, remove the objects and invite volunteers to show off their dance without the obstacles!



Reflection Questions:

*Do you think what we did today was dancing?
Why or why not?*

What would be the name of these new dance moves?

*What other kinds of dances could be inspired
by this activity?*