

Objective: 1. Learning to stop and start in unison. 2. Learning to follow a cue.

3. Students are able to understand and move to a slow or fast tempo.

Shared Concepts:

Materials: Recorded music or instrument and a circle or open space

Vocabulary:

Cue

Tempo

Start

Stop

Freeze

**Introduction:** Play Freeze Dance with your students by starting and stopping a CD to practice

**Themes:** starts/stops and cues

**Level:** beginner

**Activity 1:**

1. Ask students to stand up in a circle.
2. When the music goes off they have to “freeze”
3. Have them move and dance to a piece of recorded music or you playing a hand drum or playing a piece of music.’
4. Practice “freezing” or starting/stopping so they understand the element of a cue.
5. **2.** See if you can instruct them to move in slow and fast tempos. Play different rhythms or styles of music to change tempo.

**Activity #2** Ideas for Freeze Dance

Following the beat/tempo of a drum, students will be able to do the following across a floor**:**

* Marching
* Skipping
* Hopping on one foot
* Dance like a supe fhero
* Swimming with arms
* Slithering like a snake
* Prowling like a panther
* Swimming like a fish
* Crabwalks
* Frog leaps
* Students can contribute by suggesting animals or wild life they can imitate.
* Create movements you think appropriate.

Reflection:

Music Is First 2017

Freeze Dance

Duration:15 minutes