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| **Preliminary Dance Movement #1**

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| Topic | Body Awareness and Safety |
| Curricular Connection | How we can keep ourselves, our classroom, and our peers safe when dancing in our space.  |
| Video Activity | Abby and Marley demonstrate how to stay safe through playing a fun game of freeze dance. After dancing independently, they practice dancing together while using the same rules for staying safe: keep two feet firmly on the ground, avoid hitting surrounding people and objects, don’t rely on others for balance.  |
| Supplementary Activity Options | The following are additional ways to play freeze dance to challenge students to stay safe and use the body awareness rules taught in the video:

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| Independently  | Partner | Whole group  |
| with a prop (hula hoop, scarf, ball), throughout a classroom avoiding desks and peers, freeze as an animal | See preliminary movement lesson 5 for partner relationship options – implement freeze dance to these relationships | Hold hands in a circle, move circle to the right freeze with music, go the opposite way every time the music starts again- work on not pulling and pushing peers |

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| Extension Information  | Cross-curricular: Connect current lesson topics to freeze dance. Etc. Teaching about mammals? Have students freeze as a mammal during each pause in the music. Classroom management: By teaching freeze dance first anytime you are working with the students and you pause the music students will be expected to freeze and listen to instructions  |

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