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| **Preliminary Dance Movement #1**   |  |  | | --- | --- | | 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:   |  |  |  | | --- | --- | --- | | 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 | | | 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 | |