

30 minute Dance Class - Middle School

Warm up - Action Song /Move & Freeze

<https://www.youtube.com/watch?v=388Q44ReOWE>

Activity 1- Freeze Dance (at least 2 songs)

Activity 2- Bean Bag Toss (2 rounds)

Free Movement - Freestyle Dance with Props: Students can use scarves, ribbons, or small hand instruments to play while dancing to a fun and upbeat song.

Cool down

<https://www.youtube.com/watch?v=M-d11QiWdm8>

