

30 Minute VIA Dance Class - High School

Warm Up

Action Song/Move & Freeze - <https://www.youtube.com/watch?v=388Q44ReOWE> OR

Warm Up - <https://www.youtube.com/watch?v=dRQf3yFXO1Y>

Activity 1

Obstacles Game (2 songs)

Activity 2

Wax Museum - Creative Movement (2 songs)

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 OR Freeze Dance (1 song)

Cool Down

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

