Wax Museum Creative Movement

Purpose of Activity:
The students will exercise by moving in creative ways and posing in creative ways once the music stops.

Things You'll Need:
Music

Instructions:
1. Tell the students to move when the music is on and freeze when the music stops. Play and stop the music several times just to make sure they understand the concept. The students will probably walk, jog, and run as their form of movement.

2. At this point, tell students to do the same thing, but they are not allowed to walk, jog, or run as a form of movement. Do a few more rounds of music on and off and observe how they move. They will probably do other common movements like crawling, hopping, skipping, etc.

3. Do a few more rounds, but continue to eliminate common forms of movement. This will cause them to use their imagination and creativity to move in ways they may have never tried before. Remind them to be safe and not bump into other students or walls.

DANCE IT OUT

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4. Sit the class down for a brief rest. While resting, discuss the concept of a wax museum. Explain that a wax museum is a museum full of wax figures. People pay money to enter the museum and view the figures.

5. Tell them we are going to pretend the gym is a wax museum. The wax figures come to life when they hear music and they go back to being wax figures when the music stops. Tell them that wax figures don't move like humans when they come to life, so they can't walk, jog, run, hop, skip, or do any movements like a human would.

6. Do a few more rounds of music on and off and observe the interesting ways they move and pose.

7. Make sure you tell them that their poses should be entertaining, so the people who purchased a ticket to enter the wax museum find it to be a rewarding experience, not boring.

8. By the end of the lesson, you can explain to the students that they danced, and dance is simply moving creatively.

Variations:
Have students explore the elements of movement (levels, pathways, tempo, force, etc.)

DANCE IT OUT