



Remote Control Dance Race –

Grades 4-12

Needed Materials: Laminated signs of Play, Stop, Rewind, & Fast-forward button on a remote. Music and space.

Remote Control Buttons

Play- Go

Stop or Pause- Freeze where you are

Rewind- Slowly move backwards

Fast forward – Move forward as fast as you can

Example of movements:

Jump

Slide

Hop

Turn

Skip

Gallop

Walk

Run

Step touch

Kick step

Moon walk

Freestyle

Instructions:

First, make signs for the remote control buttons of play, stop, rewind, & fast forward.

Create a list of favorite dance moves or easy movements that you'd like to do such as: turn, jump, leap, skip, slide, walk, step touch, or moon walk.

Next, put the students in a line that's side by side (but keep at least 6 feet apart from each other to have room to execute the movements safely), and at least 20 to 30 feet of space between the start line and finish line.

Choose a leader to call out the moves and show the signs to the students in line.

Before the game begins, explain how to do the various movements that will be called out and what to do when a sign is called.

When the students are ready, the leader will say what the movement will be first, and then call out the signs. If the "Play" card is called first the students will do the movements across the floor to try and make it across the finish line first, but if the "Pause" or "Stop" sign is called they must freeze where they are. If the "Rewind" sign is called in the middle of the race the students have to do the movements backwards slowly towards the starting line. If the "Fast Forward" sign is called, then they can move forward as fast as they can. The leader can call the movements and remote control signs at random until someone makes it over the finish line. Enjoy!