

# Color Dance Spots – All Grades

**Needed Materials:** 5 different colored circles to print, tape, and scissors.

Optional: Laminator and laminating sheets

**Instructions:** Select 5 different colored circles, print & cut them out. To use the spots again in the future, laminate your spots.

For this activity, the colored circles will be taped throughout the room. When the leader calls out a movement & color, the students will move throughout the room executing the movement to the circle color called. Then, call out another movement and request they do it in place and the students will remain where they are and do the movement. This activity can continue until all colors and movements have been called. Below is a list of movements for this activity.

## Movements

Walk

Run

Jump

Hop

Slide

Skip

Two step

Kick step



Please note: The teacher and students can add more to this list