



# DANCE TOSS – GRADES PRE-K-12

Needed Materials: 5 bins or buckets, 5 ping pong balls or tennis balls, chunky tip marker, and/or labels, and smaller container than buckets (something that will fit all 5 balls at once)

Instructions: Before the activity, the teacher needs to write on the 5 labels or buckets a number and a dance move. Each bucket will have one number and dance move and the buckets should be placed in a vertical line in numerical order (from smallest to largest).

Once the buckets are ready and set up, make sure the throwing line is at least 5 feet from the first bucket or at a distance that is best for your students. The smaller container will hold the 5 balls and be set in front or beside the throw line and you'll be ready to begin your game.

The students must attempt to get as many points as they can by throwing a ball into each bucket. If the ball makes it into the bucket the students not only get the number of points written on the bucket, they have to do the dance move written on the label as well. Make sure to start from the smallest number to the greatest number and make sure the students do not attempt to throw two balls in the same bucket (unless the teacher says it's okay). Again, make sure you adapt the rules according to what is best for your students to succeed and have fun! Below is a list of the numbers and dance moves. You are more than welcome to adapt the movements according to your students' abilities.

- a. Star Jump / 50
- b. Twirl around / 40
- c. Arm waves / 30
- d. Clap & stomp / 20
- e. Toe taps / 10

