



Color Toss & Dance Game – Grades 3-5

Needed Materials: 5- 8 pieces of construction paper (different colors), duct or painters tape, bean bags, & music

Instructions: Split the students up into 2 teams. Let everyone know what the colors are and what movement is associated with each color. On the floor, tape construction paper (one of each color) of the 5 to 8 colors in two rows (choose number of colors based upon how many your students can memorize).

One person from the 1st team will throw a bean bag on any color they choose and the students from the 2nd team must do the movement assigned to that color. If they execute the correct movement for the color, then the 2nd team will get a point. The 2nd team will now have a turn to toss a bean bag to any color of their choice and the 1st team will have to do the movement of the color chosen. If they get it right, they will also get a point. If either team doesn't get the correct move, then they will NOT get a point and the next team will get a turn.

The team with the most points wins. However, you don't have to make it competitive; you can just use this as a way to build teamwork and improve memorization.

Colors & Movements

- Red- Jump
- Green- Slide
- Brown- Hop
- Yellow- Turn
- Orange- Skip
- Blue- Gallop
- Pink- Run in place
- Purple- Step touch
- Black- Kick step
- White- Moon walk
- Violet- Freestyle

DANCE!
IT'S YOUR BODY DREAMING.