

30 Minute VIA Dance Class

Grades K-5

Warm up:

<https://www.youtube.com/watch?v=OSC5NAyCg6U>

Action Song/Move & Freeze:

<https://www.youtube.com/watch?v=388Q44ReOWE>

Activity 1: Dance the Action Game

How to Play: 1. You'll need pencil, a piece of paper (or note cards), & music.

2. Make charts or cards with words like blossom, rain, wind, sun, etc.

3. Ask the children to enact the words to music.

Activity 2: Shake a Leg Dance Game

How to play: 1. All you need is a paper (or notecards), and a pencil.

2. Make a few note cards and write the name of body parts (legs, head, arms, elbows, shoulder, knees, feet, hands, fingers) on each note card.

3. Put the note cards in a bowl and pick one randomly.

4. Call out the name of the body part on the note card and have the children dance with that body part for a few moments of the song.

5. Pick out another note card and call the body part out on that one.

6. Call out all words on the note cards for the entire song. This activity can last two songs.

Freestyle Dance with Props: Students can use scarves, ribbons, or small hand instruments to play while dancing to a fun and upbeat song.

Cool Down:

Sticky Kids Cool Down- <https://www.youtube.com/watch?v=sgXpX6tU3mc>



I JUST LOVE
TO DANCE.



FUTURE
DANCER