



# Move & Stop - All Grades



Needed Materials: Space and music

Instructions: This activity is similar to freeze dancing except when the music stops & starts the students have to go in a different direction than where they were going.

The 6 directions that the students will be going in is forward, backward, left to right, and diagonals.

Before the activity begins, practice with the students going in these different directions to help them become familiar with what to do.

When they're ready, turn on some music and encourage them to dance or move in a direction of their choice until the music stops. When the music stops they must freeze, and when it begins they must go in a completely opposite or different direction. Remember, the students must continue in the direction they started (unless something is in the way) until the music stops. So if you're in a smaller space the length of time before the music stops must be short.

