

# COLOR AND DANCE HOPS – GRADES PRE-K – 5

Needed Material: 5 different colors of masking tape or labeling tape

Instructions: For this activity, the teacher will create X's on the floor using the different colors of tape – put at least 5 X's of each color of tape. Make sure that it spreads from one end of the room to the other (this can be done by stretching the cluster of X's over a destination).

The students can form a line before the starting point and the instructor will call out a dance move/physical movement and color. The student will have to hop to each X mark of that color and do the movement each time they get to the X.

For fun, put on upbeat exciting music in the background and you can time the students once they get the hang of it. Below is a list of moves that can be called out. The teacher and students are more than welcome to adding or subtracting movements from this list.

## Movement list

Clap your hands

Stomp your feet

Clap your hands & stomp your feet

Wave your arms over your head

Do the wave

Slide to the Left or Right

Lift your knees

Tap your toes

Walk on your tippy toes

Roll your fists

Step and kick your leg (right & left)

Sway your arms side to side

Jump

Squat

Twirl

Reach in front of you

Bend over & touch your toes

Bend side to side

*Let's  
Dance!*