

Movement to Music Freeze Dance

(Physical Activity)

Target:

Activity is most appropriate for elementary students.

Purpose:

Gross motor activities provide stress reduction for young students.

Materials:

- A CD, iPod (with portable speakers) or tape player
- Music (5 to 15 minutes of music)
- Note: It is best to use instrumental music/no lyrics; you may download music from an internet source, ask your music teacher or a coworker, or look in instrumental, new age and dance/DJ mixes sections of your favorite music store or library)

Content:

Students move/dance to match the tempo, beat and rhythm of the music. When the music stops, students FREEZE, when music resumes, students continue to move/dance to match the music. It is suggested that the sequence of music starts slow and calm, moves to fast, upbeat pace and then returns to slow and calm to end the activity.

Instructions:

1. If necessary, arrange classroom to provide ample space for the activity.
2. Students take a place in the designated "movement/dance" area with sufficient personal space so as not to run into other students OR students may be positioned in a circle and move in the same direction around the circle.
3. Review activity rules with students:
 - Move to match the music
 - FREEZE when the music stops
 - When the music starts again, move to match the music
 - Activity involves only movement, no voices
4. Start the music.
5. Stop music at timely intervals.
6. Note suggested sequence of music; always end with slow, calming music.

Extension:

Teacher may follow-up by using Movement to Match Music at other times to relieve tension, stress in the classroom. Make connection for students between regular physical activity, health and stress reduction.