

DPA Idea 12: Get Groovy!

Age Range: Grades 4-8



Equipment Needed: Laptop with speakers

The Nitty Gritty:

Students should be split into groups made up of 6-8 students. Each group should stand in a circle facing each other.

Once the music starts, one student can begin doing one dance move and teach it to their group. The person to the left then thinks of an action/dance move and the group does the first and second action together.

This repeats until everyone in the group has added their own action/dance move.

Then the group practices the dance with all moves combined.

If there is enough time, groups can also perform their short dances for the class to see.

How to tie it into the curriculum: Friendship, Encouragement, Inclusivity, and Teamwork

Source: Toronto Catholic District School Board Program Services