

Dance Tag

CLASS AGE. Yrs 3, 4,5,6	DURATION. 5-10 mins	EQUIPMENT. Optional music
FACILITY. Hall/Outdoors	ACTIVITY TYPE. Warm Up/Fun activity	This is a great warm up Dance Game, ideal for inexperienced or unconfident delivering Dance. This is also a great icebreaker if you have a reluctant class or boys !

AIMS

- To increase heart rate
- Mobilization of body,
- To increase spatial awareness,
- To develop creativity and confidence
- Encourages movement memory

MAIN ACTIVITY

1 person is on it. That person has a Dance Move i.e. John Travolta Style Finger Sweep !, John Travolta Finger Point Up & Down !, Macarena actions, Birdie Song Actions , Michael Jackson Moon Walk, Michael Jackson Thriller Arms etc. The children will invent their own moves.

Children need to move around (not running) when tagged they have to perform the Dance Tag Action 3 times, then continue to move around. Regularly change the tagger and/or have more than one tagger.

