

Dance Monkey by Tones & I

Grade Three & Four



The Dance Monkey Workout is a fun, energetic fitness activity based on the song Dance Monkey by Tones & I. Students will perform different exercises when they hear specific keywords in the song, building strength, endurance, and coordination while having fun.



Learning Intentions

Enhance Strength and Endurance:

Students will develop lower and upper body strength by performing bodyweight exercises like squats, sit-ups, and squat thrusters, focusing on form and consistency.

Improve Coordination and Timing:

Students will practice syncing their movements with the beat of the song, helping them enhance their coordination, rhythm, and reaction time.

Promote Fun and Active Engagement:

By combining music with fitness, students will engage in a playful yet challenging activity that encourages movement, fun, and social connection.



Success Criteria

Proper Exercise Form:

Students perform squats, sit-ups, and squat thrusters with proper form, maintaining good posture and controlled movements to maximise the workout's effectiveness.

Coordinated Movements with Music:

Students respond accurately to the keywords in the song, completing the required number of reps with proper timing, following the rhythm and lyrics.

Active Participation and Energy:

Students remain engaged throughout the entire workout, maintaining energy and effort while having fun with the workout routine.



Dance Monkey by Tones & I

Grade Three & Four



Objective:

The Dance Monkey Workout is a fun, energetic fitness activity based on the song *Dance Monkey* by Tones & I. Students will perform different exercises when they hear specific keywords in the song, building strength, endurance, and coordination while having fun.

Materials:

- The song *Dance Monkey* by Tones & I (available on YouTube or Spotify).
- A music player or device to play the song.
- A safe space for performing exercises.

Setup:

1. Ensure there is enough space for students to move and perform exercises.
2. Play the song *Dance Monkey* on a speaker.
3. Explain the exercises and how the students should react to the keywords in the song.

Gameplay/Instructions:

The workout will follow along with the lyrics of the song. Every time certain keywords are said in the song, students will perform specific exercises. The four keywords in the song are: *see*, *make*, *dance*, and *move*. Each keyword is repeated three times, which corresponds to performing three reps of the exercise.

1. Squat Hold + Squats (When You Hear "See"):

- Start in a squat hold (sitting low with knees bent and body upright).
- Perform three squats every time you hear the word "see" repeated three times.
- For each squat, make sure to keep your chest up, push your hips back, and avoid letting your knees pass your toes.

2. Upside-Down Crab + Sit-Ups (When You Hear "Make"):

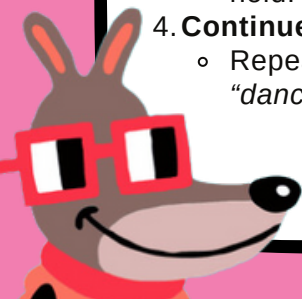
- After the "see" section, transition into the upside-down crab position (sitting with your hands behind you, feet on the floor, and your body lifted off the ground).
- Complete three sit-ups (with your hands on the floor for support).
- Engage your core and lower back during the sit-ups to strengthen your abs and maintain control of the movement.

3. Plank Position + Squat Thrusters (When You Hear "Dance"):

- Next, move into a plank position (arms straight, hands shoulder-width apart, and body in a straight line from head to heels).
- Complete three squat thrusters (jump your feet towards your hands, squat down, and then jump up as you reach for the sky).
- Focus on maintaining a strong core and avoiding sagging in the lower back during the plank hold.

4. Continue with the Sequence for the Entire Song:

- Repeat the sequence as the song continues. When you hear the keywords "see," "make," "dance," and "move," follow the exercise instructions and complete the reps accordingly.



Dance Monkey by Tones & I

Grade Three & Four



Winning the Game:

There are no winners or losers in this workout. The focus is on maintaining energy, performing the exercises correctly, and having fun with the music. Completing all the exercises while staying in sync with the song is the ultimate goal.

Variations for Different Settings:

- **Modified Edition:** Simplify the exercises by reducing the number of reps or choosing lower-impact alternatives.
- **Team Building Edition:** Encourage pairs or small teams to perform the exercises together, motivating each other and having fun as a group.

Additional Notes:

This workout combines fitness with music, creating a fun and interactive experience for students. By syncing movement with the song's rhythm, students not only work on their physical fitness but also build a sense of connection with the music. This workout can be modified for various fitness levels and is designed to keep students engaged and energised throughout.

