

Freeze Dance

PLAY

To help students improve their listening, self-control, and physical coordination by dancing and freezing in response to music. The game encourages creative movement and the ability to follow cues, making it both fun and educational.



Learning Intentions

I can develop my listening skills by responding to the music and stopping when it pauses:

This encourages students to focus on auditory cues and improve their ability to listen carefully.

I can practice self-control by stopping my movements and freezing when the music stops:

This helps students develop self-regulation and discipline in controlling their bodies during the game.

I can improve my physical coordination through dancing and moving in various ways:

This promotes physical activity and enhances students' coordination and movement skills.



Success Criteria

I can listen carefully to the music and stop moving when it pauses:

This ensures students are developing their listening and focus, responding appropriately to the music.

I can freeze in place without moving when the music stops:

This encourages self-control and teaches students to hold still while remaining engaged in the game.

I can move freely and creatively while the music is playing, trying different ways of dancing:

This promotes creativity and physical coordination through dancing in a fun and expressive way.



Freeze Dance

PLAY

Objective:

To help students improve their listening, self-control, and physical coordination by dancing and freezing in response to music. The game encourages creative movement and the ability to follow cues, making it both fun and educational.

Players: Ideal for groups of 4-20 students.

Materials:

- A music player or device to play music.
- Optional: Fun, upbeat music to make the activity more engaging.

Time Required: 10-15 minutes.

Setup:

Ensure that students have enough space to move around freely. Play some lively, upbeat music to get them dancing, and have them ready to stop and freeze when the music pauses.

Gameplay:

1. Start the Music:

Begin playing music and encourage students to move and dance however they like. They can jump, spin, or wiggle around, letting their bodies express themselves freely.

2. Freeze When the Music Stops:

Pause the music at random intervals. When the music stops, students must immediately freeze in place, holding still like a statue until the music starts again.

3. Continue the Game:

Resume the music and let students start moving again. After a few moments, stop the music and encourage them to freeze. The game continues with students dancing and freezing on cue.

4. Encourage Fun and Creativity:

While dancing, encourage students to try different movements (e.g., hopping, twisting, or shaking) and be creative with their bodies. The aim is to have fun and stay engaged while developing physical coordination.



Freeze Dance

PLAY

Winning the Game:

There is no winner in this game. The goal is for students to practice listening, self-control, and creativity through fun movement, while everyone participates and enjoys the activity.

Family or Classroom Variation:

In a classroom or family setting, students can take turns choosing the music, adding an extra layer of engagement and involvement in the game. You could also add variations where students must freeze in specific poses (e.g., "freeze like a tree" or "freeze like a star").

Additional Notes:

"Freeze Dance" is an excellent game for building listening skills, self-regulation, and coordination in a fun and playful way. It encourages physical activity, creativity, and social interaction, all while helping students develop essential skills in a supportive and enjoyable environment.

