

Freeze Dance

STAY
ACTIVE

To improve listening skills, balance, and creative expression through dance, while having fun stopping and freezing in balanced poses when the music pauses.



Learning Intentions

I can improve my listening skills by responding to music cues:

This encourages students to develop better listening skills and the ability to quickly respond to changes in the environment (music starting and stopping).

I can practice balance by holding still in a balanced pose:

This helps students improve their balance by learning to stop and hold a stable pose when the music stops.

I can express myself through movement and creativity while dancing:

This fosters self-expression and creativity as students move freely to music, exploring different dance styles and movements.



Success Criteria

Listening for Music Cues and Freezing in Pose:

Students can listen carefully for when the music stops and quickly freeze in a balanced pose, ensuring they are paying attention and following instructions effectively.

Holding a Balanced Pose:

Students can hold a still, balanced pose when the music pauses, reinforcing the importance of balance and body control.

Creative Movement and Self-Expression:

Students can move creatively to the music and express themselves freely, enjoying the freedom of movement and exploring different ways to dance.



Freeze Dance

STAY ACTIVE

Objective: To improve listening skills, balance, and creative expression through dance, while having fun stopping and freezing in balanced poses when the music pauses.

Players: Ideal for groups of 5-20 students.

Materials:

- Music player (radio, phone, or computer with speakers).
- A variety of fun, upbeat songs to play.

Time Required: 10-15 minutes.

Setup: Clear an open space where students can move freely without obstacles. Have the music player ready and choose a song to start the game.

Gameplay:

1. **Introduce the Game:** Explain to students that they will dance freely when the music is playing. When the music stops, they must freeze in place and hold a balanced pose until the music starts again. Encourage them to be creative with their dancing and have fun.
2. **Start the Music:** Begin playing the music and allow students to dance however they like. They can move in any way they feel, exploring different dance moves and rhythms.
3. **Stop the Music:** Randomly stop the music during the dance. When it stops, students must freeze in place and hold a balanced pose, such as standing on one foot, balancing like a tree, or holding any creative pose they can think of.
4. **Restart the Music:** Once students are frozen in their poses, start the music again. Students can resume dancing until the music stops again.
5. **Repeat the Process:** Continue the process of playing and stopping the music, giving students several opportunities to practice listening, stopping, and holding their balance. You can make the game more challenging by increasing the length of time they must freeze or by calling out or modelling different poses for them to try.
6. **Reflection Time:** After the game, gather the students and ask them how it felt to dance and freeze. You can ask questions like:
 - "What was your favourite dance move?"
 - "How did it feel to freeze in a balanced pose?"
 - "What helped you stay balanced when the music stopped?"

Freeze Dance

STAY
ACTIVE

Winning the Game: There is no winner in this activity. The goal is to have fun, practice listening and balance, and enjoy dancing. Success is measured by the student's ability to freeze and hold their balance when the music stops and stay engaged in the activity.

Additional Notes: "Freeze Dance" is a fun and interactive way to incorporate physical activity, listening skills, and balance into the classroom or any play setting. It encourages self-expression, creativity, and physical coordination while also offering a great opportunity for students to get moving and have fun together. It can also be adapted for various age groups and energy levels.