

Music Moves



EQUIPMENT Upbeat music

SET-UP Participants stand a safe distance apart from each other in the activity area.

ACTIVITY

- Play a song and ask participants to move their body in a simple way in response to the music (e.g., bobbing their head, bending their knees, clapping their hands). Participants repeat the same movement for 30 seconds.
- While they perform the simple movement, ask participants to think about how they can travel across the activity area using a locomotor pattern (e.g. slaloming, skipping, side-stepping).
- Choose two new songs that have different styles and tempos. With one song playing, participants combine their simple movement with their locomotor pattern and move across the activity area.
- Play the second song. Participants now move across the activity area doing their simple movement and their locomotor pattern to the new song.

