

# IN, OUT, AND ALL ABOUT



## EQUIPMENT >>>

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- ✓ Music with a strong 8 count beat

## SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.
- ✓ Play any music with a strong beat.

## ACTIVITY >>>

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- ✓ When the music starts, participants move to the beat.
- ✓ Call out a signal, "In", "Out", or "All About". When participants hear the signal, they complete the following:

- In: participants move into a circle formation and walk in place, counting 1-2-3-4-5-6-7-8 to the beat of the music. Then each student takes a turn leading everyone in a dance move for eight counts while the rest of the group mirrors the leader's move.
- Out: participants quickly move throughout the activity area while marching and clapping to the beat of the music until the next signal is called.
- All About: participants travel around the activity area while dancing to movements of their choice until the next signal is called.