



BOP 'TIL YOU DROP DANCE STUDIO

TYPE OF ACTIVITY: Dramatic Play

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will act out a variety of dance moves.
- › Children will state that dance is a type of physical activity.

MATERIALS:

- › Dance costumes (e.g., leotards, ballet slippers, tap shoes, jazz shoes, tutus)
- › Dance props (e.g., ribbons, scarves, top hats)
- › Water bottles or cups
- › CD player/iPod and Docking station and a variety of music
- › Posters and photos of dancers and/or dance moves
- › Children's books about different types of dance (jazz, hip hop, tap, ballet, etc.)
- › Full-length mirrors
- › "Dance Studio" sign



PROCEDURE:

1. Set-up: Create a dramatic play area to resemble a dance studio. Place mirrors along a wall or in the corners. Set out a variety of dance costumes and props. Hang photos and posters at children's eye level.
2. Explain to children that they are going to pretend to be dancers. Ask if they have ever taken dance classes, such as ballet, tap, or hip hop. Encourage children to try on costumes and share dance moves.
3. Familiarize children with different types of dance by looking at pictures of dancers in books. Talk about what the dancers are doing. Suggested phrases:

For more activities, visit eathealthybeactive.net

These dancers are doing ballet. They have on special pointe shoes, so they can balance on the tips of their toes.

b. These dancers are doing tap. They have special metal plates on the bottoms of their shoes that click.

4. Explain that dancing is a kind of physical activity that makes our hearts beat faster, which helps keep our bodies healthy.
5. Play music and encourage children to dance to the music. Vary the music and encourage children to dance in different ways.
6. When children have been dancing for a while, explain that their bodies may need water. Take a group water break.

ADAPTATIONS/EXTENSIONS:

Follow the dance leader: Ask a child to lead the group in a dance while others in the group copy the dance moves.

Visitors: Have different dancers come and demonstrate dance moves. Encourage visitors to teach dance moves to the children, and encourage children to incorporate the different dances into their dance routines.

Field trip: Visit a dance studio and observe dancers.

For more activities, visit eathealthybeactive.net