

DANCE

Musical Statues- Play some music and when the DJ pauses it the movers need to freeze. Do some practice runs and then if they wobble they have to help the DJ to spot the ones wobbling.

Musical Bumps- Same as above but rather than freezing they have to sit on their bottoms as quickly as possible. The last one to sit down has to help the DJ.

Animal Disco- Write or draw 6 animals down on paper cut them out, fold them and then put them in a bowl. Before playing the music, pick one of the animals out of the bowl. When the music is on you have to move around the room like that animal, the pieces of paper can be folded back up and placed back in the bowl.

This can also be linked to musical statues or bumps, so each time they freeze or sit down a new animal is picked out for when the music starts again.

Emotions- Choose 4 emotions, for example Angry, Sad, Happy, excited. Write them down or draw them and then fold them and put them in a bowl. Then choose four pieces of music to put to each emotion . Then the DJ picks the paper out of the bowl and plays the track that matches the emotions. The Dancer moves to the music to match the emotion.

The next level for this is that the DJ does not tell the dancer what emotion has been chosen and just plays the music.

Just Dance- Put some music on and just dance. If you wanted to you could use scarves, ribbons, teddies etc.

Remember with all of these activities, you can switch roles, so that everyone can have a turn at leading the games.