

ACTIVITY 1

Warm-Up and Freeze!

**INTENT:**

Participants warm-up their minds and bodies while experiencing an interactive dance strategy that can be used in the classroom.

OUTCOME:

Participants prepare their minds and bodies and learn some key dance terms utilized in the Preschool Learning Foundations (PLF) and Preschool Curriculum Framework (PCF).

MATERIALS REQUIRED:

- Music (trainer's choice):
 - Some slow, some medium tempo, and some fast
- Movement cue cards
- PowerPoint slide with warm-up strategy
- Trainers as models



TIME: 10 minutes

PROCESS:

- Share the interaction and strategy on the PowerPoint slide titled “Warm-Up.” Read the notes explaining how important it is for both adults and children to warm-up their bodies before movement activities such as dancing.
- Explain the following directions:
 - Today we are going warm-up our bodies and minds for the dance strand with a game called “Warm-Up and Freeze!
 - You will see a movement cue card as well as my modeling; when the music starts you will begin moving your body as cued. When the music stops you will freeze your body.
 - We will repeat this process several times until our entire bodies have become warm.
 - Remember, we must all choose to move our bodies at our own pace; so you choose whether it is best for your body to sit and move or stand and move. Listen to your body.
- When participants are ready, select a cue card and turn on the music. Model how to slowly move to the music while warming up your body.
- When you have been moving for about 15-20 seconds pause the music and model freezing. Wait for everyone to freeze.
- Repeat steps three and four several times until your body is warm and participants have had a chance to experience moving all of their body parts.



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DEBRIEF:

Ask participants:

- How do you feel? Are you more or less energized?
- How did you respond differently to different music?
- Could you see a similar activity occurring in your classroom?
- What terminology did you use or hear that might be relevant to the dance strand?
- Ask participants to quickly glance at all three substrands and identify which substrand they think this activity might address.