

Kindergarten Dance Activities

The Elevator- All students line up at one side of the room and crowd into the elevator. Teacher asks ‘what floor do you want to get off on?’ This is the _____ floor. The doors open ‘3,2,1.’ Students move across the floor to the elevator at the other end of the room.

Examples for floors:

Kitchen – ‘the chef was going to make 10 boxes of jello but has made 10,000 instead and the whole kitchen is full of Jello.

High security floor- ‘get on your spy suits, check your radios. This floor has lasers and to get to the other elevator you have to move over, under and through the lasers.’

The zoo – ‘this floor is way up in the tree tops so you’ll have to swing from the tree tops to get to the other elevator.’

The moon – ‘this floor is so high up it is in space. You will have to put on your space suits. What are the two special things about space? No air and no gravity.’

Robotics floor – ‘this floor is a secret floor, you will have to put on your robot costumes to cross this floor. The only problem is that the floor is a magnet and you are a robot.’

The maze – ‘this floor is a giant maze, you will have to go one way and then another and then another to get to the other side.’

The Shoemaker – Student wind the bobbin (circle fists), pull the laces, (pull fists away from body) and pound in the sole (pound fists one on top of each other).

Make shoes three times then tell students what kind of shoes they are wearing and have them dance in those shoes.

Example of shoes:

Ballet slippers

Tap shoes

Hockey skates

Figure skates

Running shoes with rockets in them

Running shoes with gum on them

Moon shoes

Skis

Slippery shoes

Music option – Skip the Jig – Eric Chappelle

Across the floor exercise – Skipping with a partner

- 1.) Students begin in two lines on either side of the room.
- 2.) Two at time (one on each side) students skip to the end of the room.
- 3.) Skipping students come together at the end, hold hands and skip together, down the center back to the beginning.

Music option – Skip the Jig – Eric Chappelle

Animal Stretch

Butterfly stretch – sitting on the floor flapping wings ‘shh shh shh’

Bum walk – sitting legs out in front walk backwards on the sit bones.

Snake stretch – lying on belly pushing up with hands ‘ssss ssss’

Snow angel – lying on back making a snow angel.

Popcorn – lying on back curl into a tiny ball and on three spring open ‘pop.’

Mean cat, happy cat, crazy cat – on all fours round back ‘hiss’ arch back ‘meow’ curl toes to nose side to side ‘ahhh ahhh’

Lizard – lying on belly crawl like a lizard, push with feet and pull with hands.

Dog – moving around on all fours on hands and feet ‘ruff ruff.’