

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Freeze Dance*¹

Description: Child dances to music; when the music stops, child stops in place



<https://carolinadancecapital.com/recreational-competitive-dance-blog/kids-love-dancing/>

Goal examples:

- The child can hold the “freeze” position without moving for 5 sec after music stops 2 out of 3 times.
- I can dance to the music.

Number of participants



Skills

Physical: balance with sudden stopping of motion, upper and lower limb coordination, reaction time

Cognitive: sustained attention, selective attention

Social: awareness of personal space if doing with more than one child

Equipment

- Music

My personal goal:

Next Assessment Date:

¹ Playworks: <https://www.playworks.org/game-library/dance-freeze/>

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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Decrease expectations for the length of time to hold the position to decrease physical and cognitive demand• Allow time more to assume “freeze” position to decrease physical and cognitive demand	<ul style="list-style-type: none">• Increase duration of holding the position to increase physical and cognitive demand
Change the environment	
<ul style="list-style-type: none">• Have a warning cue before music stops to decrease cognitive demand	<ul style="list-style-type: none">• Stop music at unpredictable times to increase physical and cognitive demand

¹ Playworks: <https://www.playworks.org/game-library/dance-freeze/>