

### **Activity #5: Home Dance/Playground Dance**

**PURPOSE:** Use movement as a tool to communicate chores that are done around the home; exploring movement patterns and sequences,

**EQUIPMENT & ORGANIZATION:** No equipment required, but could use paper to list the names of the chores.

**HOW TO PLAY:** Begin by brainstorming a list of chores that children do at home. Try to get them to come up with chores that require a variety of different types of movements. Create a movement to go along with each of the chores. Choose two of the chores and create an AB movement pattern. Choose four chores and create a sequence of movements doing each chore for four counts.

**EXTENSION:** Create various other patterns; use hand drum or tambourine or add the concept of tempo or rhythm; instead of the home dance do the sports dance, or playground dance using movements that are done in these environments.