

Freeze Dance!

GROSS

MOTOR

ACTIVITY

Getting active, can be a great way for you and your child to release some energy. This simple activity can support your child's listening skills, motor movements and coordination.

What you need:

Music

Yourselves!

Language you can use!

- + Talk about the actions you and your child are doing e.g. "I'm wiggling my body!"
"You're pointing your fingers!"



What to do:

- + Put someone in charge of the music (they can start and stop the music whenever they choose).
- + The other person/people need to dance to the music and freeze when the music stops (Similar to musical statues, however no-one gets eliminated).
- + You can get creative with this game, and make up rules to make it more interesting! For example - whenever you freeze you have to be balancing on one foot, touching your nose or making a silly face! As long as you're up and moving, have fun and play around with it!

What your child is learning from the Early Years Learning Framework (EYLF)

- + Outcome 3.2: Children take increasing responsibility for their own health and physical wellbeing