



Level 1 Activities

Musical Statues

Equipment Needed

Music.

How to play

Play one of your favourite songs and dance freestyle. Ask someone to stop the music now and then during the song. Freeze and make a shape with your body, for example: a wide, narrow, twisty, small or curled shape.





Level 1 Activities

Follow the Leader Dance

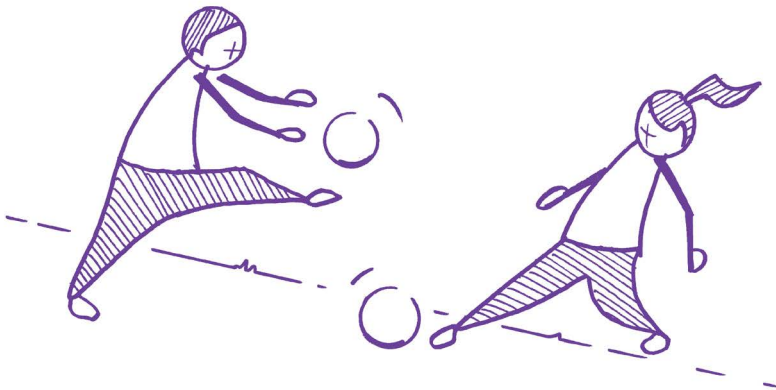
Equipment Needed

Music.

How to play

Play a piece of your favourite music (or why not try “The Lion Sleeps Tonight”). One person leads and the other person follows using movements such as skipping, jumping, hopping, side stepping, sliding or crawling to the music.

Can you dance like different animals of the jungle? - tiger, lion, snake, zebra, giraffe, frog.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



Level 1 Activities

Traffic Lights

Equipment Needed

Red, Orange and Green Circles (these can be made at home with paper and colours).

How to play

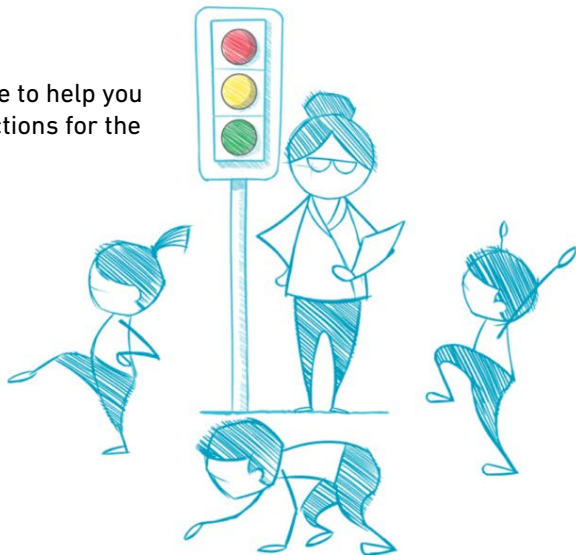
Play a piece of music (loud or soft) and move around the area. When someone at home holds up the different coloured cards do the following actions, while the music is playing:

Red: Stop

Orange: Walk

Green: Run

Invite someone at home to help you to make up different actions for the colours.



Adapted from  [Move Well Move Often - Book 1 Page 26](#)



Level 1 Activities

The Chicken Dance


Equipment Needed

Music.

How to play

Play the song “The Chicken Dance” and move along with the actions.



Adapted from  www.gonoodle.com



Level 1 Activities

Come to Me

Equipment Needed

Music.

How to play

Watch the video of this Folk Dance and copy the steps.

Formation:

Any number of couples with one person on the outside facing the person on the inside.

Part A

When the first chord strikes, one person bows and the other person curtsies. As the music plays, they sing "Come to Me, Come to Me, Come to Me" skipping inwards. Then they skip outwards, singing "Go from Me, Go from Me, Go from Me"

Part B

Joining the right arms at the elbow, skip clockwise, singing Tra la la la, Tra la la la, Tra la la la la la la, turning to finish in their places.

Part C

Facing each other, clap your own hands once, clap your partner's right hand, clap your own hands again and clap your partner's left hand. Repeat these actions again.

Part D

Joining the left arms at the elbow, skip anticlockwise singing Tra la la la, Tra la la la, Tra la la la la la la turning to finish in their places.



Adapted from  [PDST Folk Dance Resource](#)



Level 1 Activities

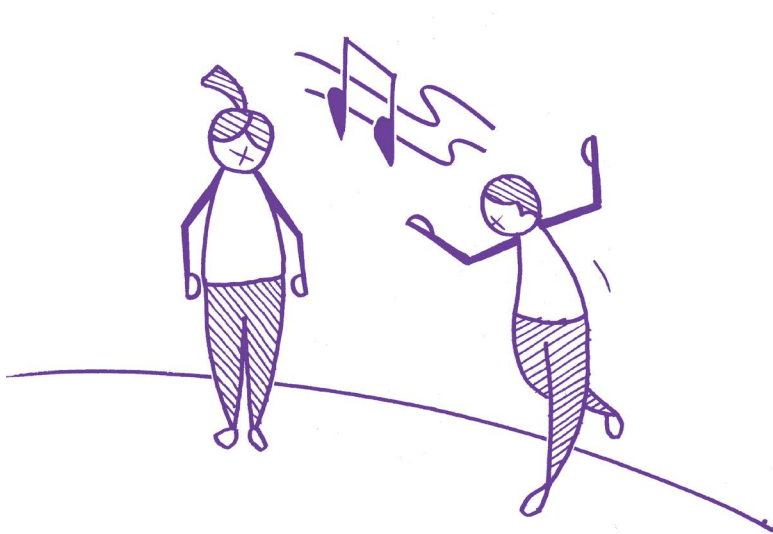
Skipping Statue Game

Equipment Needed

Music.

How to play

Invite someone at home to play Irish Reel music (this may be found online). Skip to a count of one, two, three to the music around the playing area. When the music stops, stand still. When the music stops, make a wide, narrow, straight or curled shape.





Level 2 Activities

Dance Mirrors

Equipment Needed

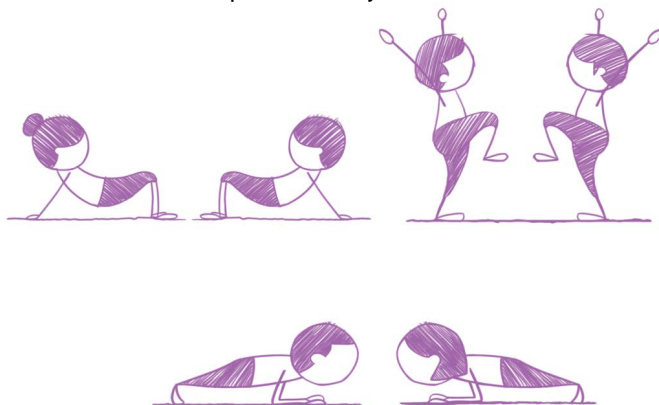
Music.

How to play

Play a song and create a dance which incorporates four or more different body shapes:

- A wide shape
- A narrow shape
- A curled shape
- A twisted shape
- A tall shape
- A small shape

Hold each shape for eight beats. Invite someone at home to create a dance sequence with you.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 2 Page 2](#)



Level 2 Activities

Crossing Corridor Dance

Equipment Needed

Music.

How to play

Play a song of your choice and stand five metres from your partner. Person A travels across to person B by running, walking, skipping, side stepping or backward jogging. Vary the level you are travelling at, for example a high or low level. Use different pathways such as straight, curved or zig zag.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



Level 2 Activities

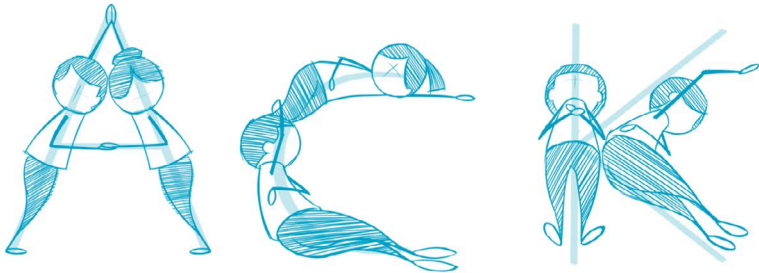
Name Dance

Equipment Needed

Music.

How to play

Play your favourite piece of music. While the music is playing, use your feet to trace out the letters of your full name, age, where you live, favourite food or favourite holiday place.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



Level 2 Activities

The Macarena

Equipment Needed

Music.

How to play

Play the song, the “Macarena” and move along to the following actions, in time to the music.



Adapted from  www.gonoodle.com



Level 2 Activities

The Shoemaker's Dance

Equipment Needed

Music.

How to play

Watch the video of the dance and copy the steps. Invite someone at home to do the dance with you.

Formation:

Form a double circle with one person facing the other. One person has their back to the centre of the room.

Part A

- 1) Clench fists and circle them around each other in a forward direction twice (as if "winding the thread").
- 2) Repeat circling in the opposite direction.
- 3) Hold arms in across bend position and pull hands away from each other twice (as if "pulling the thread" to secure a knot).
- 4) Clap own hands 3 times.
- 5) Repeat part A.

Begin by teaching the dance, section by section. Initially walk through part A, then dance through the section without the music and then with the music.

Part B

- 1) Hold inside hands with partner facing around in circle. Skip in line of direction for 8 steps.
- 2) Change hands and skip around the circle in the opposite direction for 8 steps.
- 3) Repeat the whole dance.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



Level 2 Activities

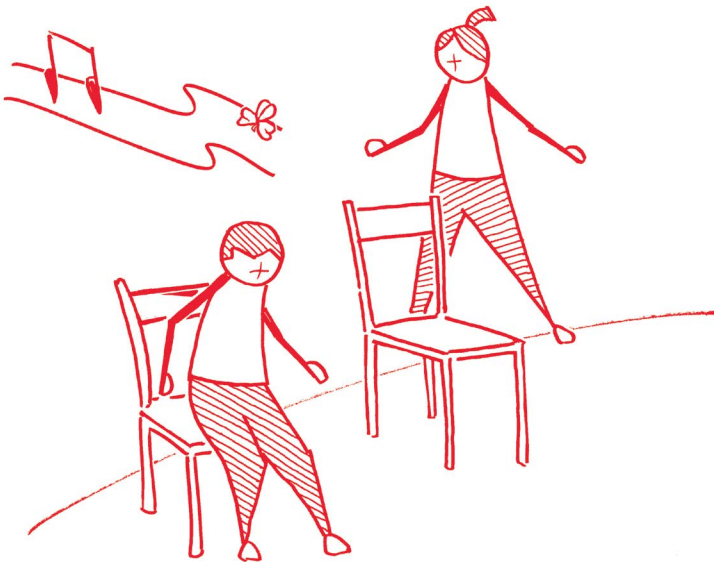
Side Stepping Musical Chairs

Equipment Needed

Music, chairs.

How to play

Set out some chairs and standing arms length apart, side step to Irish Reel music. When the music stops, sit on a chair. As the game goes on, remove chairs from the playing area until there are less chairs than dancers. Dancers must be quick to claim a chair when the music stops!



Adapted from  [Move Well Move Often - Book 2 Page 101](#)



Level 3 Activities

Dice Dance

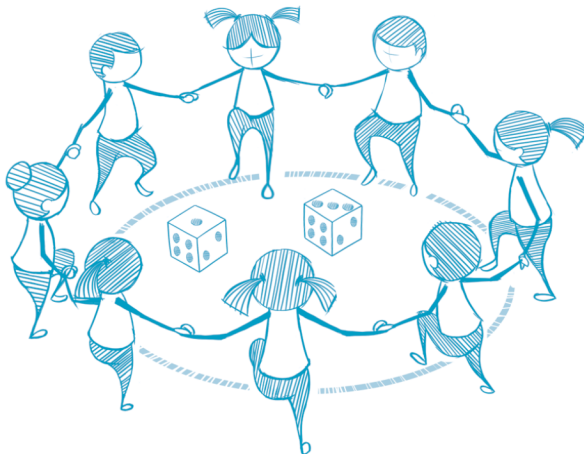
Equipment Needed

A dice, music.

How to play

Play a piece of music. Roll a dice. If it lands on...

1. Travel for eight beats
2. Hold a shape for eight beats
3. Move two body parts only
4. Freestyle for eight beats
5. Travel at a low level for eight beats
6. Travel at a high level for eight beats



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

Shape Outline

Equipment Needed

Music.

How to play

Play a piece of slow music that you like. Do the following actions to the music:

- Make a shape (eight beats)
- Hold the shape (eight beats)
- Change into a different shape (eight beats)
- Include five different shapes in your dance, such as a narrow, curled, straight, twisted, wide or symmetrical shape.



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 2 Page 2](#)



Level 3 Activities

Pretty Prop Dance

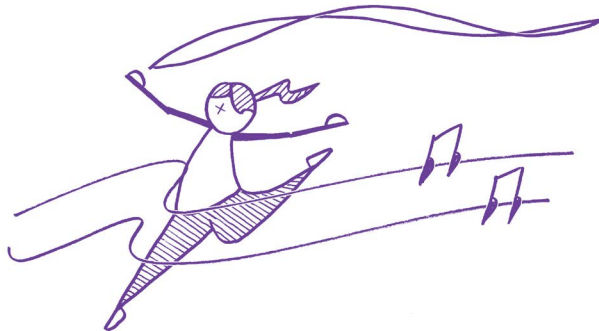
Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Play a piece of music and using your scarf in your hand:

- Trace letters or numbers through the air
- Travel with the scarf
- Throw and catch the scarf
- Create your own dance



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 4 Page 2](#)



Level 3 Activities

Choose your Song!

Equipment Needed

Music.

How to play

Choose a song of your choice and dance freestyle on your own or with someone at home.



Adapted from  www.gonoodle.com



Level 3 Activities

La Vinca

Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Watch the video and copy the steps. Can you teach someone the dance?

Formation:

A dance for two. One person holds the other, like in a waltz formation. One person stands with their back to the centre of the room.

Bars 1-8 : 16 sliding steps clockwise

Bar 9: Loose hold and 3 stamps facing partner

Bar 10: Clap own hands 3 times

Bar 11: Shake right forefinger at partner 3 times

Bar 12: Turn right around with 3 running steps

Bar 13-16: Repeat Bars 9-12

Repeat the whole dance.



Adapted from  [PDST Folk Dance Resource](#)



Level 3 Activities

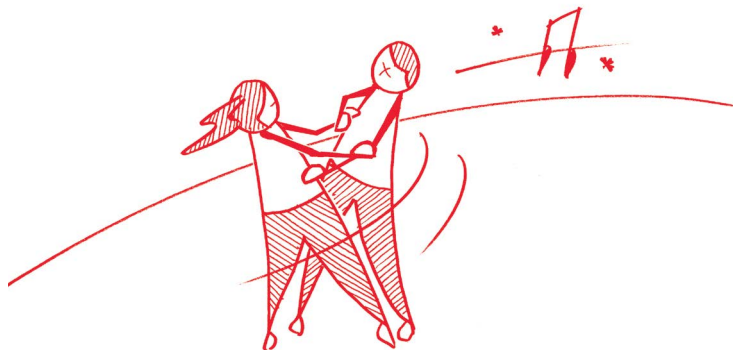
Practising “Luascadh”

Equipment Needed

Music.

How to play

With someone at home, face each other and clasp your right hands together in front of your chest. Hold your partner’s right elbow with your left hand. Place your right foot to centre. Lean back and swing together in a clockwise direction. Practise the movement to Irish Reel music.



Adapted from  [PDST Folk Dance Resource](#)