



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

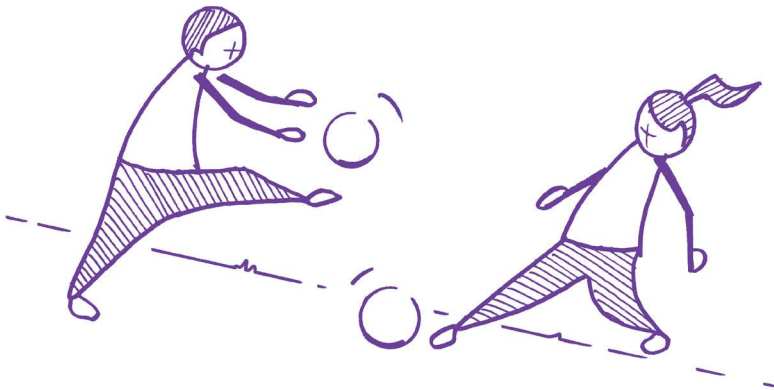
Equipment Needed

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

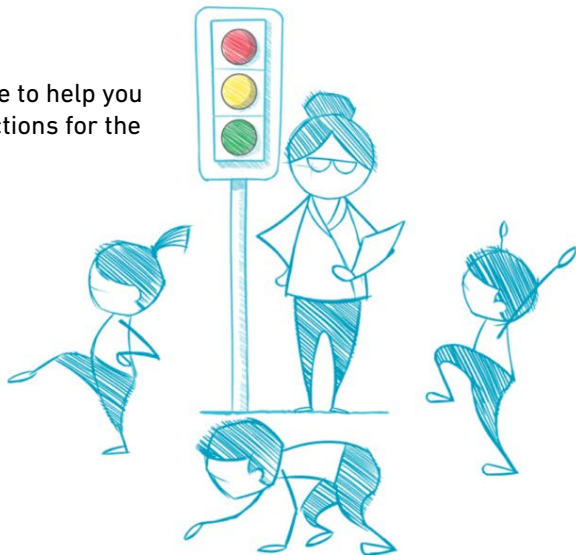
Play a piece of music (loud or soft) and move around the area. When someone at home holds up the different coloured cards do the following actions, while the music is playing:

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.

