



Level 2 Activities

Dance Mirrors

Equipment Needed

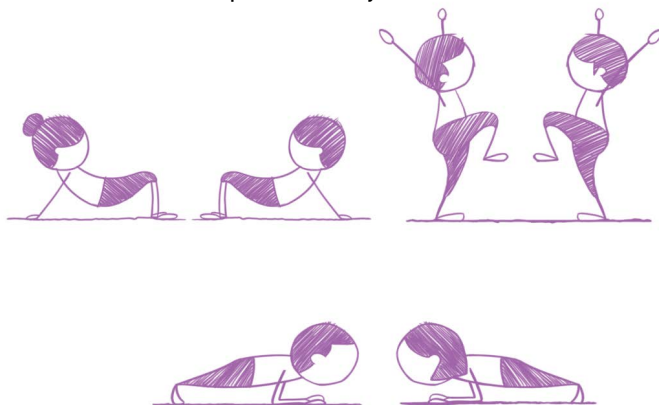
Music.

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

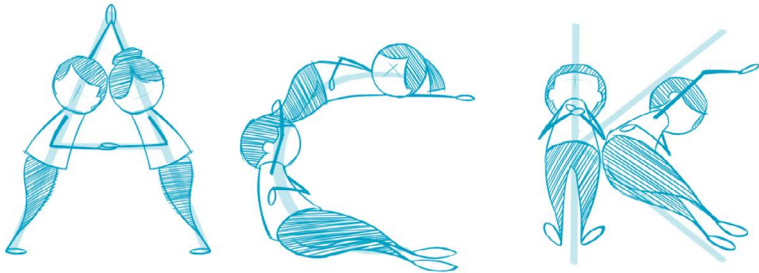
Name Dance

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](#)



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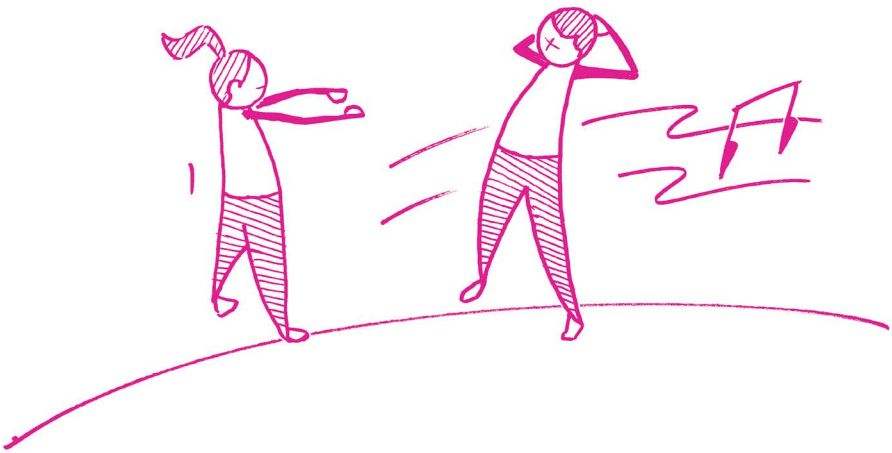
The Macarena


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](#)



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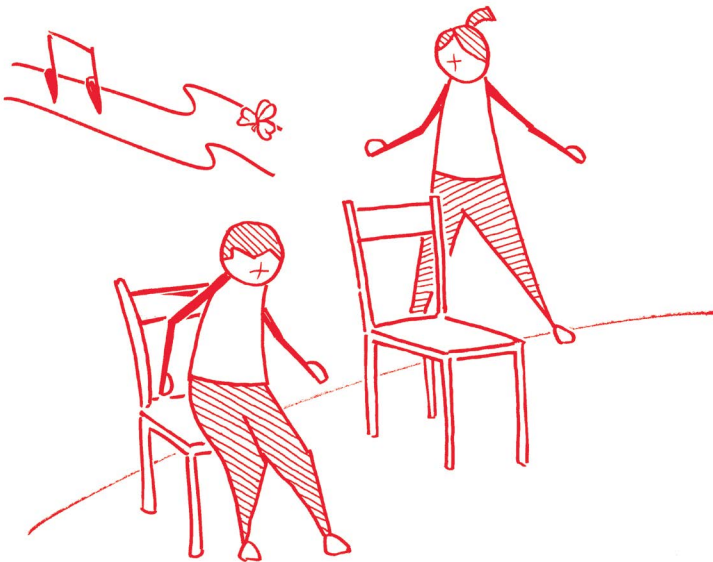
Side Stepping Musical Chairs

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](#)