

## Let's Dance Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
Warm-up: <ul style="list-style-type: none"> <li>- Dynamic stretching</li> <li>- Stationary stretching</li> <li>- Short sprints (get Heart Rates up)</li> </ul>	
Zumba: <ul style="list-style-type: none"> <li>- Look up some on <a href="http://www.YouTube.ca">www.YouTube.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>- Speaker</li> <li>- Music</li> </ul>
Freeze Dance: <ul style="list-style-type: none"> <li>- Play music and campers can dance how they would like</li> <li>- When the music stops, campers must freeze in the position they are in</li> <li>- If you don't stop when the music stops, you are out and will help leaders to catch people who didn't freeze</li> </ul>	<ul style="list-style-type: none"> <li>- Music</li> <li>- Speaker</li> </ul>
Creating a dance: <ul style="list-style-type: none"> <li>- Children versus parents in their groups will come up with a short dance to a song of their choice (30 seconds)</li> </ul>	<ul style="list-style-type: none"> <li>- Music players</li> </ul>
DANCE PARTY! <ul style="list-style-type: none"> <li>- Play some music and let the campers dance along however they would like!</li> </ul>	<ul style="list-style-type: none"> <li>- Speaker</li> </ul>