

Dance Battle

Encourage the brain-body connection in your child with movement games. This activity will decide who's got the better moves, throughout the ages of music! In addition to providing an opportunity for movement, this can be a great way to connect with your child and show them how dance and music have evolved over time.

What You Need:

- Open space
- Music and speakers

What You Do:

1. Find an open space, outdoors or indoors, with nothing around that can be knocked over once your dance battle kicks off.
2. Show your child some popular dance songs and videos of dances from different time periods; Elvis to disco, 80s pop to the Macarena! Talk to them all about how you danced at their age, as a teenager, young adult, etc.
3. Now play the music and see who's got the better moves!
4. Here are some enrichment prompts to ask your child that will take your dance battle to the next level:
 - Some dances are more directional and some allow for more freestyling; which do you like more?
 - What kind of music do you like dancing to most?
 - Can you make up your own dance?
 - When will current popular music become the next "oldies"?



Dance Ideas:

- Ballroom dancing: Throw it way back to classical music. Try the waltz!
- Line dancing: Try the "Macarena".
- Disco: Try "Y.M.C.A."
- Elvis Presley: Try to get your knees moving like The King!
- Newer dances: Try "the floss".

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