

ACTIVITY WRITE-UP

Name of Activity: Dance Trivia

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| Type of modality | Dance/ Movement |
| Type of play | Shared cooperative |
| Interaction pattern | Intra-group |
| # of participants required | Could be done with a minimum of three people, but a group of ten or more would greatly enhance the quality of the game. |
| Equipment/supplies | <ol style="list-style-type: none"> 1.) Pen/pencil and paper 2.) Some sort of hat/bucket that can hold the papers with the names and dances 3.) IPod, phone, or CD with selected songs 4.) Music player |
| Facilities required/environment | Activity should be done in a room with adequate space for movement that is also outlet accessible (if needed for speakers). |
| Precautions | Make sure there is enough space between all participants so no one bumps into one another while dancing. |

Directions

- 1.) Prior to the game beginning, the leader will write all the participant’s names down on separate pieces of paper and place them into a hat/bucket.
- 2.) In a separate hat/bucket write down the following dances on separate pieces of paper and place them into the hat/bucket. Some suggested dances:
 - a. Chicken Dance
 - b. Macarena
 - c. Footloose
 - d. Single Ladies Dance
 - e. Cupid Shuffle
 - f. Cotton Eyed Joe
 - g. Whip/Nae Nae
 - h. Electric Slide
 - i. Thriller
- 3.) Leader instructs the participants to form a circle (standing).
- 4.) Leader picks a name and a dance from the hat/bucket.
- 5.) Participant who is picked will go read the dance off the slip of paper and make their way to the dance floor.
- 6.) The participant will silently preform the dance to the best of their ability in the middle of the circle.
- 7.) The other participants will guess which dance is being performed.

- 8.) Once someone correctly guesses the dance, the leader will play the song and encourage all the participants to also dance to the song.
- 9.) Whoever correctly guesses the dance previously will pick the next person and dance out of the hat/bucket.
- 10.) This cycle will continue until all the participants perform their dance in the middle of the circle.

Activity Analysis

| Category | Skills |
|------------------------------------|---|
| Primary body position | Standing |
| Part of the body required | All body parts |
| Movement | Grasp (pincher grasp), hopping, jumping, pushing with upper and lower extremities, turning or twisting hands or arms |
| Physical | Balance: Dynamic standing, bilateral integration, crossing a midline, flexibility, gross muscle coordination, motor control, muscle strength, active range of motion: upper and lower extremities, speed (directed towards fast moving songs and dancing), cardiovascular endurance |
| Cognitive | Arousal/alertness, attention: selective attention, initiation, memory: long term (remembering dance moves of the past), orientation (person), reading |
| Social | Self-expression, showing respect and warmth, social conduct, social cues, showing tolerance, maintaining social space, interpersonal interaction, handling criticism |
| Perception | Visual and auditory |
| Communication/language | Reception to spoken language, reception of written language, reception of body language, expression of spoken language, producing body language |
| Self-care | N/A |
| Psychological/emotional (possible) | Joy, Excitement, release of energy/emotions (dancing), feeling embarrassed to dance, frustration if the other participants cannot guess your dance |

How to Simplify the Activity

Give a hint about what the dance move will be before the participant engages in the dance, such as the year the song came out or the music genre of the song.

How to Make the Activity More Complex

Have the person in the middle of the circle only perform the dance move for 3 seconds, making the rest of the group have to think more about what the move could be.

Other Comments

Prepare back up dance moves, incase no one can guess the dance, so everyone in the group is given their full turn.