

## ACTIVITY WRITE-UP

**Katie Petraglia**

**Name of Activity: 'Mimic the Movement' Group Zumba Class**

Type of modality	Dance/Movement
Type of play	Shared Cooperative
Interaction pattern	Aggregate
# of participants required	10-13
Equipment/supplies	-Comfortable clothes that allow for free movement -Close-toed shoes -Stereo/speakers for music
Facilities required/environment	Activity should be done in a facility where there is a smooth, flat surface and is open/spacious for movement.
Precautions	It is important for the leader to be aware of any physical impairment that a participant may have. Also have participants spread apart to reduce risk of accidental injuries between participants. Quick movements can lead to sprains. Also be aware of proper footwear (if shoes are untied, let participant know to tie them).

### Directions

1. Leader has participants gather in a circle while standing.
2. Go around the circle and have each individual state their name
3. Leader instructs each participant to come up with one short dance/movement (brainstorm) and to spread out between one another (i.e. shaking their right leg, doing the twist,etc.)
4. Leader begins with her dance (music begins)
5. The group then mimics leader's movement until the music stops. Once the music stops, leader calls on a participant (by name) to demonstrate his or her own dance/movement.
6. Leader notifies group to try to remember each member's dance associated with them.
7. After they demonstrate their movement and the music stops, participant then chooses a fellow group member (by name) to demonstrate their movement.
8. Each group member has to demonstrate his or her dance/movement at least once.
9. After each participant has been called and demonstrated their dance, leader will then randomly call out participant names. \*Keep music low so group can hear clearly
10. Once a participant has been named, the group is to recall the dance associated with that person. (Play until leader has called each participants name at least once & their dances moves were accurately recalled)
11. Once completed, leader prompts group to end the activity with doing their favorite dance move they witnessed during the activity.

## Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	All body parts
Movement	Balance (Dynamic standing)
Physical	Crossing midline, Active Range of Motion: Upper and Lower Extremities, Speed, Visual-motor integration, Bilateral integration (all depends on dance chosen by participant)
Cognitive	Arousal/Alertness, Categorization, Attention: Sustaining Attention, Attention: Sharing Attention, Decision Making: simple, Initiation, Memory: Short Term, Orientation: Person and Place,
Social	Relating with leader (authority figure), regulating behavior, forming relationships, self-expression, social conduct, showing respect and warmth, Showing tolerance, Social cues
Perception	Auditory, Visual
Communication/language	Reception to spoken language, Reception of body language, Expression of spoken language, Producing body language
Self-care	N/A
Psychological/emotional (possible)	Joy, Guilt (if forgotten someone's name), Fear (being forgotten), Frustration (mixing up names)

### How to Simplify the Activity

Decrease number of participants

### How to Make the Activity More Complex

Add more participants and have the participant do two dance moves instead of just one.

### Other Comments

Make sure to lead this activity slowly. Have participant do his/her dance move twice when they first demonstrate it so it can be easily remembered.