

Age Group: 3-5 years

Duration: 30-40 minutes

Focus Keyword: Freeze Dance Fun

Objective:

By the end of this lesson, children will:

1. Improve listening by responding to musical cues.
2. Develop gross motor skills with movement and dance.
3. Develop self-control and focus by freezing on the music stop.
4. Have fun building social and cooperative play skills.

Materials Needed:

1. A music player (phone, speaker, or any other audio device).
2. A playlist of fun, upbeat songs.
3. Clear space for safe moving around.
4. Optional: Props like scarves or ribbons for added fun.

Lesson Procedure:

1. Warm-Up (5-10 minutes)

- Start with gentle stretching to loosen muscles.
- Introduce the game: "When the music plays, we dance! But when it stops, we freeze like statues!"
- Demonstrate quickly freezing in place.

2. Main Activity – Freeze Dance Fun (15-20 minutes)

- Play different tempos of music and let children dance freely.
- Abruptly stop the music, getting children to freeze.
- Observe and have children hold their position until the music starts again.

Variation Ideas:

- Freeze in goofy positions (e.g., like animals or superheroes).
- Include particular movements (jumping, twirling, clapping).
- Try slow and fast music to test reaction times.

3. Cool Down & Reflection (5-10 minutes)

- Sit children in a circle and discuss:

- "What did you like about Freeze Dance?"
 - "Was it hard to freeze? How did you stay still?"
 - Why do we have to hear the music carefully?"
- Do deep breathing and gentle stretching.

Assessment:

- Watch the children listen and react to the music.
- See who is able to freeze rapidly and obey instructions.
- Get children to share their thoughts regarding the game.

Extension Activities:

- Musical Statues: Like Freeze Dance but with various poses.
- Dance & Imitate: Ask children to mimic certain dance routines.
- Story-Based Freeze Dance: Act out a story using music (e.g., mimicking various animals).