Dance & Sing-Along

Ages 5–12 · 20–30 min · Whole group

Learning intention

This experience supports children to be active and to express themselves with confidence.

You'll need

- A speaker and a music device
- Optional simple instruments
- Clear floor space

How to do it

1. Children choose favourite songs to dance to.
2. Play the music and invite children to move freely or follow simple actions.
3. Children can add a beat with instruments.
4. Let children take turns leading the dance moves.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **1.3** Children and young people develop knowledgeable, confident self-identities and a sense of positive self-worth

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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