

**ACTIVITY CARD**

**Dancin' Train**

Dynamic Warm-up Dance

*C'mon Ride It* by Quad City DJs [[iTunes Link](#)]

Music Cue	Movement
Reverse!	Everybody faces the opposite way, and the caboose is now the conductor!
Switch!	The conductor and the caboose trade places!
Loose Caboose!	All cabooses leave their train and run to another train.
Shuffle!	Everyone in the passenger cars (between the conductor and the caboose) trade places.
Slow Motion!	Everyone moves in slow motion.

**Example Locomotor Skills:**

Walk, Jog, Run, Skip, Hop, Gallop, Leap, Jump, Side-shuffle

**Example Non-Locomotor Skills:**

Bend [a body part], Stretch, Flex, Extend, Twist, Lift, Raise, Turn, Pull