



PASS THE JOY

STUDENT TARGETS

- **Skill:** I will perform movements with the beat and tempo of the music.
- **Cognitive:** I will perform dance movements in a creative dance while trying to stay with the rhythm of the music.
- **Fitness:** I will stay actively engaged while dancing to help improve my overall fitness level.
- **Social/Emotional:** I will demonstrate responsibility by moving safely and with consideration for others.

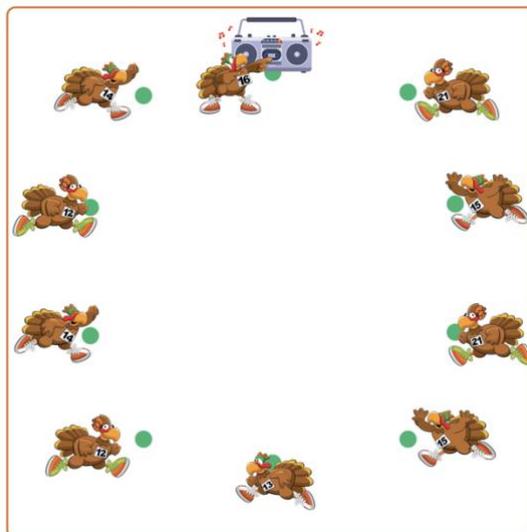
EQUIPMENT & SET-UP

Equipment:

- 1 spot marker per student
- Music and music player for “DJ Booth”

Set-Up:

- Set up spot markers in a large circle to mimic sitting around a Thanksgiving table.
- Each student is sitting (or standing) on a spot marker.
- A “DJ Booth” is set up at one end of the Thanksgiving table where the music will be selected and played.



ACTIVITY PROCEDURES

1. This activity is called Pass the Joy! The object is to take turns following the rhythm and dancing to the beat of a song as a way to celebrate everyone’s uniqueness, as well as the different ways everyone likes to dance.
2. The person in charge of the music is called DJ Thanks. Everyone else will be seated (or standing) at their own spot marker that is set up in a circle like we are all sitting around a Thanksgiving table.
3. DJ Thanks turns the music on, selects an appropriate song to play from a music platform, and ‘passes’ the opportunity to dance to someone else by pointing at them (or pretending to pass the *Invisible Dancing Turkey*, which gives the power to dance).
4. As the music plays the *Invisible Dancing Turkey* is passed from person to person. When passed to you, dance for 8-16 beats of music and then pass to someone else. When the song is over, the last person dancing becomes *DJ Thanks* and gets to select a song.
5. *Teachers:* At the end of the activity ask students to describe a dance move that someone else demonstrated that they enjoyed. We will continue to play until the music stops.

DEBRIEF QUESTIONS

- **DOK 1:** What movement did you most enjoy while dancing or while watching others dance?
- **DOK 2:** How did you choose your dance movements?
- **DOK 3:** Do you think your dance would have come out differently if you were given different music?

PRIORITY OUTCOMES

Personal Enjoyment:

- **Grades K-2:** Describes positive feelings that result from physical activity participation.
- **Grades 3-5:** Describes how moving competently creates enjoyment and self-expression.