

# FREEZE DANCE PARTY

## READY

**EQUIPMENT:**

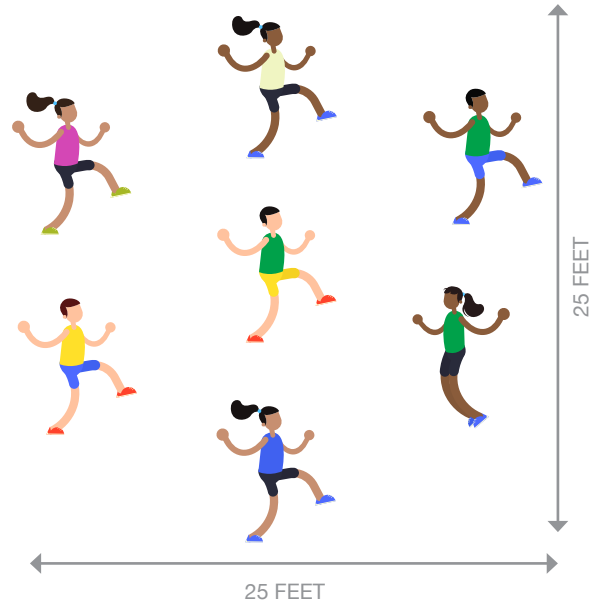
NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet apart from each other.
- 2 It's time for a dance party! But it's not an ordinary dance party, it's a FREEZE dance party.
- 3 The facilitator is the freeze dance leader. When the leader starts dancing, everyone can dance!
- 4 When the freeze dance leader stops dancing, all players freeze and stop dancing.
- 5 If a players are caught dancing when they should be frozen, they do five jumping jacks, squats, or lunges.

✓ **For Understanding:**

- When do players dance? When do players freeze?
- What happens if players are dancing when they should be frozen?

**GAME TIP:**

- Add some music! When the freeze dance leader plays music, participants dance; the music is paused, players freeze.

**CONFLICT RESOLUTION TIP:**

- Only the freeze dance leader controls the dancing, but you can rotate who the freeze dance leader is so everyone can have a try.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** The freeze dance leader says, “freeze,” and stops dancing.
- **MEDIUM:** The freeze dance leader does not say, “freeze,” but stops dancing.
- **HARD:** The freeze dance leader rapidly switches between dancing and freezing to trick players.