

The Penguin dance

Title	Patterns in the penguin dance
Category	Patterns
Goal	Improve rhythm awareness and recognition;
Age	1-12 grade
Activities & Instructions	<p>Teacher explains the step in the dance and then the class forms a train and start dancing.</p> <p>Steps 1 & 2: Kick to the left with your left foot, then step back to the middle.</p> <p>Steps 3 & 4: Kick to the right with your right foot, then step back to the middle.</p> <p>Step 5: Jump forward with both feet (just a few inches).</p> <p>Step 6: Jump backward with both feet (again, just a few inches).</p> <p>Steps 7 & 8: Jump forward three times with both feet.</p> <p>How to rock the Penguin Dance at the next party</p>
Materials	Music: dance of the penguin
Source	Center for fun maths resources