

Moving Game Handout – Dance & Physical Activity

Disclaimer: Clinicians and parents must use/adapt the activities listed below based on clinical judgment and needs of their clients/children.

Dance Activities by Express Magazine

Title/Weblink	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
The Train https://www.youtube.com/watch?v=zEjBD81M1Ek	3+	Easy	Few and basic moves, but requires group	1:40	Slow	2 limb - bilateral symmetrical
Do you Want to Build a Snowman? https://www.youtube.com/watch?v=WXKmRoLloTE	3+	Average	Not many moves	2:09	Slow	2 limb - bilateral symmetrical
You Can Fly https://www.youtube.com/watch?v=i_P0WBJFdGo	3+	Average		1:39	Slow	2 limb - unilateral and bilateral symmetrical
Mr. Sandman https://www.youtube.com/watch?v=4Eih05y8364	3+	Average	A bit childish	1:55	Slow	2 limb - bilateral symmetrical
Let it Go https://www.youtube.com/watch?v=jV2L2SZWsnC	3+	Average		2:36	Slow	2 limb - bilateral
Andalusian Carol https://www.youtube.com/watch?v=sd_5IHFXkAw	3+	Average	Requires instruments and a partner	2:00	Medium	2 limb - bilateral alternating
Welcome Song https://www.youtube.com/watch?v=ahfBAPENSZQ	3+	Difficult	Step-clap could get challenging	1:54	Medium	2 limb - bilateral symmetrical Step-clap is 4 limb
Let it Snow https://www.youtube.com/watch?v=UWsHVsaxP4o	3+	Difficult	3+ in the beginning, gets more difficult as you go	2:13	Slow	2 limb - unilateral symmetric and alternating
Arirang https://www.youtube.com/watch?v=kX6xMYIEwLA	3+	Difficult	Uses fans as props	1:55	Slow	2 limb - bilateral alternating
Headed to the Future https://www.youtube.com/watch?v=-sFhdJJ154	6+	Easy	A lot of different but basic moves	1:54	Medium	4 limbs - unilateral alternating

Title/Weblink	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
New Zealand Maori https://www.youtube.com/watch?v=zvr1e1x6leY	6+	Average	Challenging clap pattern, requires a group	1:23	Medium	2 limbs - bilateral alternating
Chan Mali Chan https://www.youtube.com/watch?v=2PmAr9F4e7U	6+	Average		1:58	Slow	4 limb - bilateral symmetrical
Be True https://www.youtube.com/watch?v=etB2fxM2hO8	6+	Average	Requires groups at some point	2:39	Medium	4 limbs - bilateral symmetrical and alternating
Bright https://www.youtube.com/watch?v=0B8sBVqmfml	6+	Average		2:58	Medium	4 limbs - bilateral alternating
Believe in Music https://www.youtube.com/watch?v=4nTNQxU9By0	6+	Average	Snapping and hand pattern heavy	3:17	Medium	2 limb - bilateral alternating
All In https://www.youtube.com/watch?v=InRpJXnOmoU	6+	Average		2:49	Fast	4 limb - bilateral alternating
Everything is Awesome https://www.youtube.com/watch?v=HoTV0NGtrrM	6+	Average	May need to modify when there are group parts	2:10	Medium	4 limb - bilateral alternating
Fight Song https://www.youtube.com/watch?v=YGNLYGrZbzQ	6+	Average		3:27	Medium	4 limb - bilateral symmetrical
Can't Stop the Feeling https://www.youtube.com/watch?v=TgcwKrf8wHM	6+	Difficult		3:09	Fast	4 limb - bilateral symmetric
That's Holiday Jazz https://www.youtube.com/watch?v=OD1Tu1NHwrA	6+	Difficult	Transitions to more challenging at about halfway	2:31	Medium	4 limbs - bilateral symmetrical
Fatou Yo https://www.youtube.com/watch?v=iSKNyqGIACI	6+	Difficult	Gets more difficult as it progresses,	3:15	Medium	4 limb - bilateral alternating
Splash https://www.youtube.com/watch?v=JoMNfrNX6rY	6+	Difficult	A lot of movement, ends with a fun freestyle section	1:59	Fast	4 limb - bilateral symmetrical

Title/Weblink	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Circle Stomp https://www.youtube.com/watch?v=k5brRjZvJM4	6+	Difficult	Requires a partner/group, skipping can get challenging and progressively gets more difficult	2:00	Medium	4 limb - bilateral alternating
Under the Sea https://www.youtube.com/watch?v=24JS0giS5RM	9+	Easy	Combinations but some are basic for 6+	2:31	Medium	4 limb - bilateral alternating
The Banana. Boat Song https://www.youtube.com/watch?v=RWB2W7XUPW8	9+	Average	Combination moves	2:17	Medium	4 limb - bilateral symmetrical
Old Rock and Roll https://www.youtube.com/watch?v=oUYSYLCIUIA	9+	Average		2:48	Medium	4 limb - bilateral alternating
School is Cool https://www.youtube.com/watch?v=Rxm1B1MjMek	9+	Average	Begins with a freestyle dance	2:05	Medium	4 limb - bilateral symmetric
The Eric Canal https://www.youtube.com/watch?v=qRXxmxXTd8	9+	Average	Pivot moves	1:39	Medium	4 limb - bilateral alternating and crossing
Rock Around the Clock https://www.youtube.com/watch?v=4uQgwNxFD0Y	9+	Difficult	Complicated hand jive and different parts for girls and boys	2:22	Fast	4 limb - bilateral alternating and crossing
Jailhouse Rock https://www.youtube.com/watch?v=JbxDwaGwi2Q	9+	Difficult	Fast movements	1:45	Fast	4 limb - bilateral symmetrical
La Bamba https://www.youtube.com/watch?v=A-dtvDa_1Wc	9+	Difficult	Quick switch of direction	1:40	Fast	4 limb - bilateral alternating
The Bare Necessities https://www.youtube.com/watch?v=CaLj2Nwqp-8	9+	Difficult	Difficult moves (charleston, box step)	1:50	Fast	4 limb - bilateral (symmetric arms and crossing feet)

Brain Break by the Learning Station

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Nursery Rhyme Dance https://www.youtube.com/watch?v=FM_E8Pid95tY&feature=youtu.be	6+	Average	Childish	5:19	Slow	4 limbs - Bilateral alternating
C'mon Let's Dance https://www.youtube.com/watch?v=TqaBy2RsD54	3+	Average	Dance starts at 45 seconds	4:21	Slow	4 limbs - Bilateral alternating
Boom Chicka Boom https://www.youtube.com/watch?v=F2XVfTze18E&feature=youtu.be	3+	Average	Song starts at 45 seconds, ends at 3:20 Repeat after me style <i>Personalize and make up your own styles</i>	5:10	Slow	2 limbs - bilateral
Go Bananas https://www.youtube.com/watch?v=bfhzSNW0NmE&feature=youtu.be	3+	Average	Repeat after me style	5:00	Medium	2 limbs - bilateral symmetrical
Rumba Dance https://www.youtube.com/watch?v=7R64sBEi-7l&feature=youtu.be	3+	Average		3:34	Medium	4 limbs - bilateral alternating
Square Dance https://www.youtube.com/watch?v=IFskdWvq0wk&feature=youtu.be	3+	Average	Starts at 35 seconds Repeat after Me style Partner parts	5:18	Slow	4 limbs - bilateral alternating
I am the Music Man https://www.youtube.com/watch?v=22kqja2ibVU	3+	Easy		3:56	Medium	2 limbs both symmetrical and alternating
A Ram Sam Sam Dance https://www.youtube.com/watch?v=zBttxAMxaXE&feature=youtu.be	3+	Average	Gets difficult as the song progresses and gets faster	3:55	Slow to fast	2 limbs - bilateral symmetrical
Swimming Song https://www.youtube.com/watch?v=ZsaywRY5iP0	6+	Easy	Goes through all the swimming strokes	3:56	Slow	2 limbs - bilateral alternating and symmetrical
A Root Chy Cha Dance https://www.youtube.com/watch?v=SALCPlmRUeo&feature=youtu.be	6+	Easy	Repeat after me style	4:29	Slow	2 limbs - bilateral symmetrical

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Get Funky Dance Song https://www.youtube.com/watch?v=FGmC1K3D7c&feature=youtu.be	6+	Easy	Dance starts at 1 minute	5:04	Medium	4 limbs - bilateral alternating
Happy Dance https://www.youtube.com/watch?v=cQ6BPWylueQ&feature=youtu.be	6+	Easy		4:40	Slow	4 limbs - bilateral symmetrical
Sundance https://www.youtube.com/watch?v=g6B_OaTQm2I	6+	Average	Yoga to music	4:29	Slow	4 limbs - bilateral alternating
Monster Shuffle https://www.youtube.com/watch?v=XgFxo-lkCNQ	6+	Average		4:25	Slow	4 limbs - bilateral alternating
Yoga Dance https://www.youtube.com/watch?v=YF6018kkFOg&feature=youtu.be	6+	Average		3:59	Medium	4 limbs - bilateral alternating (a lot of corssing)
Move and Freeze https://www.youtube.com/watch?v=388O44ReOWE&feature=youtu.be	9+	Average		4:00	Slow	4 limbs - bilateral alternating

Challenging/Zumba-like Activities

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Uncle Sam https://www.youtube.com/watch?v=sBij4TkNwpc	6+	Average	Fitness based/zumba	5:16	Medium	4 limbs - bilateral symmetrical and alternating
Science Rocks https://www.youtube.com/watch?v=0ICPYXizx9Q	6+	Average	Fitness based/zumba	5:19	Medium	All
Feel it Burn https://www.youtube.com/watch?v=PS6kJOzxZMM	6+	Average	Fitness based/zumba	5:12	Medium	2 limbs - bilateral alternating (few parts with 4 limbs)

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Around the World https://www.youtube.com/watch?v=udgilg5031s	6+	Average	Fitness based/zumba	5:00	Slow	4 limbs - bilateral symmetrical
Eat Right https://www.youtube.com/watch?v=HHBhm77gdUQ	6+	Average	Fitness based/zumba	5:08	Medium	Mostly 2 limb but some 4 limb - bilateral alternating
Let's Get to Work https://www.youtube.com/watch?v=ZZd9JeEJyo	6+	Average	Fitness based/zumba	4:53	Medium	2 limb work is alternating 4 limb - bilateral symmetrical

Fitness Breaks by Move 2 Learn

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Giddy Up Movement https://www.youtube.com/watch?v=vapLb6d1Cdw	3+	Average		4:53	Slow	2 limb - bilateral symmetric
Hey Sleepyhead https://www.youtube.com/watch?v=nZK8n17U3-o	6+	Easy		5:01	Medium	4 limb - bilateral both
Moose ta-cha https://family.gonoodle.com/activities/a-moose-ta-cha	6+	Easy	Character moose costume (could be scary) Repeats	1:47	Slow	4 limb - bilateral symmetric
Work that Body https://www.youtube.com/watch?v=t8e4Xtr5_W0	6+	Average	High activity	5:19	Medium	4 limb - bilateral alternating

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Fitness Break https://www.youtube.com/watch?v=DS8yeXFE-EPA	6+	Average		5:23	Medium	4 limb - bilateral symmetric
Moose Fabio https://family.gonoodle.com/activities/moose-fabio-dont-wear-no-socks	6+	Average	Not a lot of dancing Character moose costume (could be scary for some)	2:00	Fast	4 limb - bilateral symmetric
Dance it Out https://www.youtube.com/watch?v=oaDJWH4OOjQ	6+	Average		4:58	Medium	4 limb - bilateral symmetric When 2 limb - alternating
King Shapes https://www.youtube.com/watch?v=tZzA_tbi1dY	6+	Average		5:30	Medium	2 limb is bilateral symmetric, 4 limb is bilateral alternating
Cranium Corral https://www.youtube.com/watch?v=OULFzAxP0TA	6+	Average		4:47	Medium	4 limb - bilateral symmetric
Crawfish Computing https://www.youtube.com/watch?v=Oh9Ljw8nEcY	6+	Average		5:12	Medium	4 limb - bilateral symmetric
Zombie Dance https://www.youtube.com/watch?v=IWIMz4FZje0	6+	Average	Some crossing	5:31	Medium	4 limb - bilateral symmetric
Basketball Shapes https://www.youtube.com/watch?v=c9OhJFI_oKA	6+	Average		5:35	Medium	4 limb - mostly bilateral symmetric, some alternating
Let's Move https://www.youtube.com/watch?v=-IEZacwE5Z0	6+	Average		5:34	Medium	Mostly 2 limb - bilateral symmetric

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Knicky Knacky Knoo https://www.youtube.com/watch?v=HMZqjfhKMZY	6+	Difficult	Challenging pattern but repeats Character moose in costume (could be scary)	4:30	Fast	4 limb - bilateral alternating
Brain-ercise https://www.youtube.com/watch?v=TFUIPFCA0	6+	Difficult		5:14	Medium	4 limb - unilateral alternating

Other

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Shapes https://www.youtube.com/watch?v=56PgJHYvEGE	3+	Average	Childish	4:52	Slow	2 limbs - bilateral symmetric
Counting https://www.youtube.com/watch?v=k7ZkiSHbbzA	3+	Average		5:32	Slow	2 limb - bilateral symmetric
Colors https://www.youtube.com/watch?v=aTqzrG72q7c	3+	Average		5:10	Medium	2 limb - bilateral symmetric
Alphabet https://www.youtube.com/watch?v=gPuAhmhKr3M	3+	Average	Simple patting Good to help with letter sounds	5:17	Slow	4 limbs - bilateral symmetric
Twist Song https://www.youtube.com/watch?v=KR2pvbZDhuY	3+	Average		2:11	Medium	2 limb - bilateral mostly symmetric
Balance on One Foot https://www.youtube.com/watch?v=aQ2Vco_giIE	3+	Difficult		2:13	Slow	4 limb - bilateral symmetric

Title/Link	Age	Difficulty Level for the Age	Comments	Time	Pace	Limb Movement
Let's Star Jump https://www.youtube.com/watch?v=Qgg8nZqYNmE	3+	Difficult	Jumping jacks	2:09	Medium	4 limb - bilateral symmetric