

NAME of activity	« dance ! »
duration	30 mn
audience	From 4 years old Groups of each size
Pedagogical goal	Body Expression Improvisation Dance and rythm
Description	Dance on a music rythm with all the body. When the trainer says : « only with the head », the body stops and only the head keeps on dancing. The trainer can ask any part of the body : left foot, mouth, right knee, eyes, toes...
Material	music
Space	Big room
Comments	As a training, this exercise allows to move every parts of the body, sometimes, 2 by 2, or 3 by 3, that are not used to move together (left eye + right hand + ass).
Restitution	Warming up