



## Game: Musical Pose

### Practical Use

- Warm-up for any fitness class but particularly for dance or movement classes
- Fun game to play at a birthday party

This handout focuses on hip-hop dance classes and how to incorporate this game as a warm-up for a hip-hop dance class. Variations and links to the Victorian Curriculum provided below.

### Benefits

- It's an all-inclusive, non-elimination game
- Increases cardiovascular fitness and coordination
- Participants get to dance to their favourite music
- FUN!

### Ages

Suitable for students of all ages, from 4 year-olds up to early teens and for groups as small as 3 or as large as 100.

### How to play

1. Much like the traditional game 'musical statues', the aim of the game is that when the music stops, you have to do a cool pose.
2. As the facilitator, begin by demonstrating some cool hip-hop poses so the students get some ideas, but they generally know what's cool right now!
3. Give the students a simple movement to perform around the room/space. For hip-hop we usually like to start with a cool hip-hop walk, "like they're the coolest kid in school".  
\*We also encourage students to move around the space in different directions so they don't get stuck moving in a circle. Be aware of restrictions and obstacles in the space you're using.
4. When the music stops they need to freeze in a hip-hop pose. Remember, no one is eliminated but you can point out some students who are doing particularly cool or creative poses, for their classmates/ friends to appreciate.
5. Next either give them another movement to do around the room or ask the student who jumped into their pose first, or someone being really creative with their pose if they can think of a way we can dance around the room. All students then perform the chosen dance move until you stop the music again. And so on.

### Suggestions of dance moves

- Clapping while doing the funky hip-hop walk
- Step-touch (step out to the side then bring the feet together, repeat other side)
- Rolling the arms in front while walking
- Freestyle dancing

### Other movement suggestions

- Skipping
- Hopping
- Jumping
- Twisting
- Crab walk (on the ground)

\* Your participants will definitely come up with lots of fun ways to move around the space, whether it's a dance move or otherwise. So don't be afraid to try this game out with just a few dance moves or movement options up your sleeve.

### **Add a challenge**

To make this more challenging for older students, you can add elements of spatial awareness and give instructions for them to do a low, high or medium pose. The game can end with you calling out "high pose", "medium pose", "low pose", without the movement in between the poses. This means students will be quickly jumping from one pose to the next, especially as you call out the pose options faster and faster, they'll be scrambling up and down into the different poses at different levels. This always gives them a giggle.

### **Variations**

This doesn't have to be a dance-based game, you can modify the game any way you like to make it fit in with your teaching objectives for the session or to fit a theme of any birthday party. Here are some options for you to get even more use out of this game:

- Children can move around the space like different animals and freeze in a way the animal may freeze. You can incorporate the hip-hop element by having them move around like a funky dinosaur (for example) and then freezing in a funky dinosaur pose
- If you have an Olympic Games focus, students can act out the actions of different sportspeople performing their sports (chosen by you or the students) then freeze in an epic moment of their game/ event
- Incorporate different dance styles into the game. A great option for this is to include a variety of dances and styles from around the world. Hip-hop dance originated in America. Are there students in the group who have come to Australia from different countries and can share their cultural dance style with the group? Incorporate it into the game and students can be inspired by the dance style to come up with a pose that they think fits
- This game can also be combined with our popular games *Form a Group* and *Body Parts*. Tutorials of these games will be shared soon.

### **Victorian Curriculum Links**

This game addresses the Victorian Curriculum learning areas of Health & Physical Education and The Arts through the strands and sub-strands identified below:

#### *Health & Physical Education: Movement & Physical Activity:*

- Moving the body
- Understanding movement
- Learning through movement

#### *The Arts: Dance*

- Explore and express ideas
- Dance practices
- Present and perform
- Respond and interpret

If your students or group enjoy this game, they'll love FunFit's active dance and fitness workshops. We come to you at your school, venue or event. See [funfit.com.au](http://funfit.com.au) for more information and we look forward to dancing with you soon!