

Movement and Music Lesson Plan: “Color Dance Parade” (All Ages)

Classroom:

Teacher:

Learning Objective(s)

- Children will practice **color recognition** and strengthen **gross motor skills** through movement.
 - Children will develop **listening skills, rhythm, and self-expression** by dancing to music that changes tempo and style.
 - Children will gain confidence in **spatial awareness and social interaction** by participating in a group dance activity.
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Materials

- Color cards or scarves in primary and secondary colors (one per child)
 - A large open play space with clear movement paths
 - A music playlist with **varied tempos** (fast, slow, upbeat, calm, cultural selections)
 - A basket or container to hold color cards or scarves
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Procedures

1. Set the Stage

- Invite children to sit in a circle:
 - “Today, we’re going to dance and move like a parade of colors! Each color will have its own special dance.”
- Introduce the scarves or cards by showing each color and naming it.
- Encourage children to share movements they associate with each color (e.g., yellow = sunshine = stretch arms high).



2. Explain the Activity

- “When I hold up a color, you’ll dance in a special way. For example, if I show blue, we might move slowly like water. If I hold up red, we’ll move quickly like fire!”
 - Demonstrate a few examples so children understand expectations.
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3. Set Up the Space

- Assign each child a spot with enough room to move.
 - Place scarves or cards in a basket in the center.
 - Remind children about safety and spatial awareness:
 - “Let’s keep our arms and legs in our own dancing space so we don’t bump into friends.”
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4. Play the Game

1. Choose a color and show it to the group.
 2. Select a matching style of music (fast for red, slow for blue, etc.).
 3. Invite children to move freely based on the color’s “theme.”
 4. Switch colors and songs every 30-60 seconds to keep engagement high.
 5. Encourage creativity:
 - “How would green grass move in the wind? Show me!”
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5. Wrap-Up

- Gather everyone back in a circle.
 - Discuss their favorite color movement:
 - “Which color was your favorite to dance to? Which was the most fun or silly?”
 - Give children a calming song and slow stretching movements to transition out of the activity.
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Individualized Support



- Offer **visual cues** (showing colors clearly, using simple gestures) for children needing extra guidance.
 - Use **verbal prompts and modeling** for children with limited motor planning skills.
 - Incorporate **dual language support** by naming colors in English and another home language.
 - Allow children to choose colors to encourage autonomy and engagement.
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Modifications & Extensions

Infants & Toddlers

- Encourage sensory exploration by letting infants **touch and wave scarves** with adult support.
- Use **gentle bouncing and swaying movements** in time with the music while seated.
- Provide tactile opportunities, such as textured scarves or ribbons.

Preschool & Mixed-Age Groups

- Incorporate early math skills by **counting steps** or **grouping colors**.
- Introduce early literacy by **clapping syllables** in color names (e.g., “yel-low”).
- Invite older children to **lead the group** by choosing a color and dance style.

All Age Groups

- Play music from different cultures to explore global traditions.
- Adjust pacing based on energy level—slower for calm transitions, faster for energy release.
- Add instruments like shakers or drums for rhythm practice.

