### Name of Activity

**Dance to Class**

<table>
<thead>
<tr>
<th>CSPAP Component</th>
<th>Physical Activity During School (Outside of PE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Objective</td>
<td>Have fun being physically active during school</td>
</tr>
<tr>
<td>Grade Level</td>
<td>Middle School (6-8)</td>
</tr>
<tr>
<td>Equipment/Materials</td>
<td>School PA system &amp; upbeat music</td>
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</tbody>
</table>

**Activity Description**

This activity is a great way to promote a school culture that values and enjoys physical activity. Students, teachers, administrators & non-instructional staff can all join in on the fun! When the bell rings to head to the next class, the school plays fun, upbeat music for the students to dance their way to their next class!

Song Examples (be sure to use the clean versions):

- Taylor Swift – Shake it off
- Pharrell Williams – Happy
- Flo Rida – Good Feeling
- Maroon 5 – Moves Like Jagger
- Taio Cruz – Dynamite

**Modifications**

*Include ways to modify this activity for advanced, lower level and inclusion students.*

- Students need to be careful if they need to travel up or down stairs.
- Encourage chair users with a staff aid to dance with their upper body.