

**Warm-up Sequence:**

In this warm-up students will work to warm up their bodies and minds and prepare for a music integration lesson.

1 STEP 1

Have students stand in a space for open movement while you play a variety of music that involves both fast and slow rhythms.

2 STEP 2

Have students listen to the rhythm of the song for a few seconds and then hold both hands out in front of them.

3 STEP 3

Have students begin by moving just their left hand to the rhythm using whatever non-locomotor movement they would like. Then have students mirror the movement with their right arm so that their body is acting symmetrical on both sides in time with the rhythm of the song.

Lesson Application

This warm-up integrates concepts of dance and music. Use this warm-up before having students complete a lesson where they are concentrating on identifying or creating the rhythm of a song.