

Sight Word Freeze Dance

Purpose & SOL

- Students will recognize reading and spelling familiar words.
- Language Arts K.6d, 1.6, 2.5

Materials

- 10-20 sight words to review
- Class set of sight word bingo sheet (if you want the students to record the words)
- Music for students to dance

Length
20 min.

Introduction

Show the students a sight word and spell it together. Squat for each letter and jump at the end when you recite the word together as a class.

Implementation

Freeze Dance

- 1) Have students stand up and push in their chair. If they are going to write the words, pass out the recording sheets.
- 2) The teacher will start the music, when the music stops, the students freeze. Hold up a sight word. The students, or a group of students, can verbally read the word aloud or write the word on their paper.
 - a) For more practice, have the students squat for each letter and jump for the word (like the introduction).
- 3) This will continue and with shorter dance breaks until several words have been practiced.

Cool Down

Play a slower song and have the students slow down their energy and heart rate. Lead the students through standing stretches before sitting down and taking three deep breaths.

Modifications

The recording sheet may be used as a bingo sheet for a later lesson.
This freeze dance activity may be applied to math facts and various other topics.



Name _____



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