

# Dance Measurement Activity

A LESSON PLAN by Viksjöforsbaletten

## Overall Learning Goals:

- To introduce children to measurement concepts through a fun and active dance activity.
- To help children understand the concept of distance and different units of measurement.

*Aim:* The aim of this activity is to engage children in learning math through dance while teaching them basic measurement concepts.

## Procedure:

### 1. Preparation:

- Clear a safe and open space for dancing.
- Gather measuring tape or rulers and music speakers/soundsystem.
- Optional: Use markers to create starting and ending points on the dance floor so the children have a template from the measure from and within.

### 2. Introduction (5 minutes):

- Gather the children in a circle and explain the concept of measurement and different units, meters inches).
- Show them the measuring tape or rulers and discuss their use in measuring distance.

### 3. Dance Measurement (15 minutes):

- Create a simple dance routine with various dance steps (e.g., steps, hops, spins rolling on the floor).
- Assign each dance step a specific unit of measurement (e.g., 1 step = 1 foot) or how many cm a foot is in average. It can also be measured from how long the foot is on the person making the dance.
- Start the music and have the children dance, making sure they take the correct number of steps based on the assigned measurement unit.
- Encourage them to measure the distance they travel with the measuring tape or rulers, or premade points in space such as the dance area they are using.



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## 4. Unit Conversion (10 minutes):

- Discuss how different units of measurement can be used interchangeably.
- Have the children convert their measurements into other units (e.g., feet to meters or inches to centimeters).

## 5. Reflect and Discuss (5 minutes):

- Gather the children and ask them questions about what they learned.
- Discuss the importance of accurate measurement in real-life situations.

*Results:*

- Children will have actively participated in a dance activity that incorporates measurement concepts.
- Time units for each section can also be adjusted according to the ability of the students at hand.
- They will have a basic understanding of distance measurement and how different units can be used.
- Children will practice converting measurements between different units.

This activity not only helps children grasp mathematical concepts but also makes learning enjoyable through physical movement and hands-on experience. It encourages teamwork and critical thinking as they engage in measurement-related discussions and conversions.

