

Part 1: Bounce Around Exploring Steady Beat and Collaboration		10-15 mins
<p>Introduction to the activity:</p> <p>No introduction necessary. Participants will bounce a kickball in different ways around the circle to different types of music, reacting to the speed (tempo) and sections of the music and also to their peers through this collaborative exercise.</p>		
<p>Activity steps/procedures:</p> <ol style="list-style-type: none"> 1) 4 beats- Bounce-catch- pass-wait Pass the ball around the circle (neighbor-to-neighbor collaboration) 2) 4 beats- Bounce/move-catch-pass-wait Bounce and change movement when the music changes (neighbor-to-neighbor collaboration, individual creation, peer modeling) 3) Bounce - catch-pass (wait) <i>across</i> the circle to a random person (full group collaboration, everyone pays attention because they don't know when the ball might come to them) <i>*slower bounce-catch-pass with 8 beats instead of 4.</i> 	<p>Excerpts:</p> <ol style="list-style-type: none"> 1) <i>In the Hall of the Mountain King</i> (Grieg) 2) <i>Radetsky March</i> (Strauss) 3) <i>Yolanda</i> (Pink Martini) 	
<p>Activity reflection:</p> <p><i>What surprised you about this activity? What challenged you? How was it fun? What skills did it require?</i></p> <p>This collaboration exercise requires listening, eye-contact, focus, individual and peer coordination, neighbor-to-neighbor collaboration, full group collaboration, leadership, keeping a steady beat, identifying changes in the music, hand-eye coordination. There are more non-music skills than music skills in this activity. It's COLLABORATION.</p>		