

The
MUSIC
WORKSHOP

RED LIGHT, GREEN LIGHT
Activity No. 4 

- Select one person to be the stoplight. This person stands at the finish line.
- Everyone else lines up at the starting line.
- The stoplight chooses a locomotor movement that participants will have to use to get across the finish line.
- When the stoplight says green light, everyone moves toward the finish line. When the stoplight says red light, everyone stops.
- Put on your favorite music and go! When moving, move at the speed of the music. If the stoplight holds up a yellow light, everyone moves slowly (half-time).
- The first person to cross the finish line wins and gets to be the next stoplight.

DIFFERENT
DIFF
DYNAMICS

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