

**Grade:** 2-3      **Activity:** Dance      **Equipment:** CD player, CD music  
**Objectives:** CS-4, CS-5, CS-13

Limbo

Music: All-Time Favorite Dances #3

Use a bamboo stick or broomstick. Form a single line in back of the pole held up by two people or a stand. Everyone bends backward under the pole trying not to touch it or make it fall. Participants may not touch the floor with their hands. The Limbo continues until all participants are eliminated. Each time you make it under the pole successfully, you go to the back of the line and try again. Each time everyone has gone under the pole, the pole is lowered, making the task more challenging. Those who are waiting their turn should stand off to the side and clap their hands in time to the music.

This dance encourages creativity as well as developing balance skills.