

Generations Uniting through
Movement: Step by step
activity example

COUNTRY

USA

**LEADING
ORGANISATION**

Penn State
(College of Agricultural
Sciences)

WEBSITE

<https://aese.psu.edu/outreach/intergenerational/curricula-and-activities/intergenerational-activities-sourcebook>



Dance Down

OBJECTIVE OF THE GAME

This activity brings older adults and young people together in fun and celebration as they share their favourite dances with one another.

AGE GROUPS

A group of young people and a group of older adults

MATERIALS/RESOURCES NEEDED

Music to dance, technical system to play the music, speakers, an indoor or outdoor area depending on the season

HOW TO PLAY?

1. Preparation: Find two groups, one of young people and one of older adults, willing to be involved in a jointly planned, intergenerational dance event. All participants should have knowledge of a dance form, be willing to share it with others, and be open to learning new dances.
2. Have members of each group develop a plan to introduce their favorite dances to the other group. They should decide what music they need, how they will demonstrate the dance form(s), and strategies they will use to teach their dances (e.g., taking learners through a progression of simple steps to more complex ones).
3. Have representatives of both groups meet and plan the joint dance event. Things to be worked out at this meeting include determining which dance forms will be highlighted at the event (try to achieve balance between both groups' favorite dance forms), creating an agenda for the event, and establishing general plans for refreshments and decorations.
4. Have participants select a Master of Ceremonies who will say a few words at the beginning of the event, introduce each dance group, and keep things on schedule. At the beginning and end of the event, this individual will thank everyone who has made the event possible and, throughout the dance, encourage all participants to try new dances.

OTHER INFORMATION (TIPS & TRICKS)

A successful "dance down" event need not be a one-time event. One way to build upon an intergenerational group's enthusiasm for dance exchange is to plan inter- generational dance performances for community festi- vals and other public events