

SHARE THE WEALTH OPENING ACTIVITIES – CHIP CANDY

Quick Find Your Group Questions – Participants are given a handout with questions/answers. Each person underlines their response on the paper. Then the group forms a large circle and the leader calls out a question. Participants must quickly find their group (the answer that they underlined)!

1. What is your favorite sport to play?
2. What is your favorite sport to watch?
3. What is your favorite recreational activity?
4. What is/was your favorite subject in school?
5. What is your favorite age to teach?
6. What is your favorite main course?
7. What is your favorite type of movie?
8. What is your favorite fitness activity?
9. What is your favorite type of music?
10. Which would you rather do (free time)?
11. Where would you most like to go (travel)?

All About That Bass (Easy 4 Wall Line Dance)

Music – “All About That Bass” from Kidz Bop 27 (Clean Version)

8 cts – Step R, Step L Step R, Step L

8 cts. – Shimmy Slide R, Shimmy Slide L

8 cts. – Cha cha front leading with R foot, Cha cha front leading with L foot

8 cts. – Walk forward 3 steps (R, L, R) then kick L foot forward. While turning $\frac{1}{4}$ L...walk forward 3 steps (L, R, L) then kick R foot forward. Begin the dance again!

Warm-up Activity – Plate ‘O Peas – stretch/balance/move with paper plates balanced on your hand(s), the larger the movements the better the stretch! (from the Project Adventure book Achieving Fitness An Adventure Activity Guide, by Jane Panicucci).