



**Special Olympics Ontario**

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.



## Welcome Week Dance Flash Mob Friday

### **Day 5: Dance Flash Mob**

#### **Location:**

A central area on school grounds (e.g., school courtyard, gymnasium, or field)

Equipment needed:

- a) Portable speaker for playing the music
  - b) Pre-recorded dance tutorial (optional)
- Challenge Steps:

#### **1. Song Selection:**

- **Instructions:** Choose one of the songs provided below to practice and perform choreography. Follow instructional video.

#### **2. Practice Together:**

- **Instructions:** Students will set up time through out the week to practice choreography . This can be done during gym class, lunchtime, or after school.

#### **3. Perform the Flash Mob:**

- **Instructions:** On the day of the flash mob, gather all participants in the chosen location. Start the music and perform the dance routine as a group, surprising and delighting the rest of the school.

### **Song & Choreography Choices**

**1) Uptown Funk - [Uptown Funk Flash Mob Choreography](#)**

**2) Dancing Queen - [ABBA FLASH MOB CHOREOGRAPHY \(DANCING QUEEN, WATERLOO, MAMMA MIA\) \(youtube.com\)](#)**

**3) Blinding Lights - [Blinding Lights - The Weekend - Easy Fun Dance Along Choreography \(youtube.com\)](#)**