

**Name/Title:** All I Want for Christmas Holiday Dance

**Purpose of Event:** To encourage positive self-expression through a dance.

**Suggested Grade Level:** 6-8

**Materials Needed:** Music player, steps to dance and video provided below.

**Recommended music:** All I Want for Christmas is You by Mariah Carey

**Beginning dance formation:** Spread out in one half of the gym

### Description of Idea

This is a great Holiday dance done to Mariah Carey's All I Want for Christmas is You song.

[Click here](#) for the written steps to this dance.

### Video

### Variations:

You can adjust the specific dance moves as much as you want depending on your students. Students could also be given scarves or percussion instruments to follow along with the beat.

The moves in the dance could be modified to meet whatever grade-level-outcomes the teacher is focusing on in the class.

### Assessment Ideas:

Videotape the performance and use a checklist to see if every student attempted to complete every move at least once. This should be a formative assessment - this dance is intended to start off a dance unit.

Sample items to assess would be maintaining the beat for the psychomotor domain and reflecting on personal enjoyment, and self-expression in the affective domain.

### Adaptations for Students with Disabilities:

For students with mobility issues, the teacher should emphasize movements with the upper body. Students could also be given scarves or percussion instruments to follow along with the beat.

For students who are deaf, be sure to use a subwoofer to emphasize the bass. The teacher will also always return to the teaching "sweet spot" for visual cues for when to change to the next move. The video provided could also be projected onto the wall.

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Submitted by **Evan Wilson** in Benton Harbor, MI. Thanks for contributing to PE Central! **Posted on PEC: 3/5/2019.**

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