



National Association for  
Sport and Physical Education

*an association of the American Alliance for Health,  
Physical Education, Recreation and Dance*

[www.naspeinfo.org/toolbox](http://www.naspeinfo.org/toolbox)

## Family Dance

Step 1: Put on some fun music

Step 2: Make up a dance

Step 3: Dance that dance until you can't dance anymore!

Enjoy the holiday season with laughter and dancing for the whole family to enjoy. Dancing is a great form of Physical Activity!