

# Mitosis Dance

## Summary

Students will create a "dance" that uses everyone in the class to model a cell undergoing mitosis.

## Time Frame

1 class periods of 60 minutes each

## Group Size

Small Groups

## Materials

fabric pieces, two of several different colors. Large enough to act like a head scarf or cap.  
A room with the desks pushed aside or a common room with empty space.  
A video camera is optional.

## Instructional Procedures

Tell the students that they will be learning the mitosis dance and that they will invent the "steps".  
You may wish to nominate or elect a couple of classroom leaders.  
Turn the task over to the students and tell them that they will have 15 minutes to design and practice the task. If you have a video camera, tell them their final product will be taped.  
Allow students time to work.  
When the time is up, ask students to present their work. Tape if desired.

## Assessment Plan

### Scoring Guide:

Everyone gets 100% for an accurate model.

## Bibliography

Lesson Design by Jordan School District Teachers and Staff.

## Authors

[Utah LessonPlans](#)