

Everyone dances, every song. One screen shows three columns, **EASY**, **MEDIUM** and **HARD**, for the same song. Each student picks a column and steps on a taped grid. Nobody is scored or ranked.

1 - SET UP (ONCE)

1. Connect a Chromebook, laptop or Android TV box to the projector and the gym speakers.
2. Open Chrome and go to
prototype.getupandmove.info/class
3. Press **F11** (or the browser's full-screen button).
4. Choose **ROOM SYNC** and tap along to the clicks, then to the flashes. Do it again if the speaker or projector changes.
5. Tape the floor grids (see the tape plan) and put up the three zone signs.

2 - THE REMOTE



Choose songs and menu items; ◀▶ change settings

OK

Select · pause a song (3-2-1 before it resumes)

BACK

Go back · stop a song · twice between songs ends the class

A keyboard works too: arrow keys, Enter, Esc.

3 - RUN A CLASS

1. Choose **START CLASS**, pick the 45- or 30-minute plan, then **START CLASS**.
2. Warm-up: everyone on **EASY**. Sets: students pick their column and zone.
3. Water breaks: a student DJ picks the next song with the remote.
4. Challenge set: invite students to try the next column up.
5. Cool-down and stretch, then the wrap-up: everyone shows effort 1 to 10 with their fingers; enter about the class average.

4 - CLASS GOALS

- **5 songs in a row** without stopping: counted automatically.
- **Whole class on Medium** for one song: press **CLASS ON MEDIUM** ✓ on the between-songs card.
- Weekly: learn the four squares → move up a column → make up your own routines.

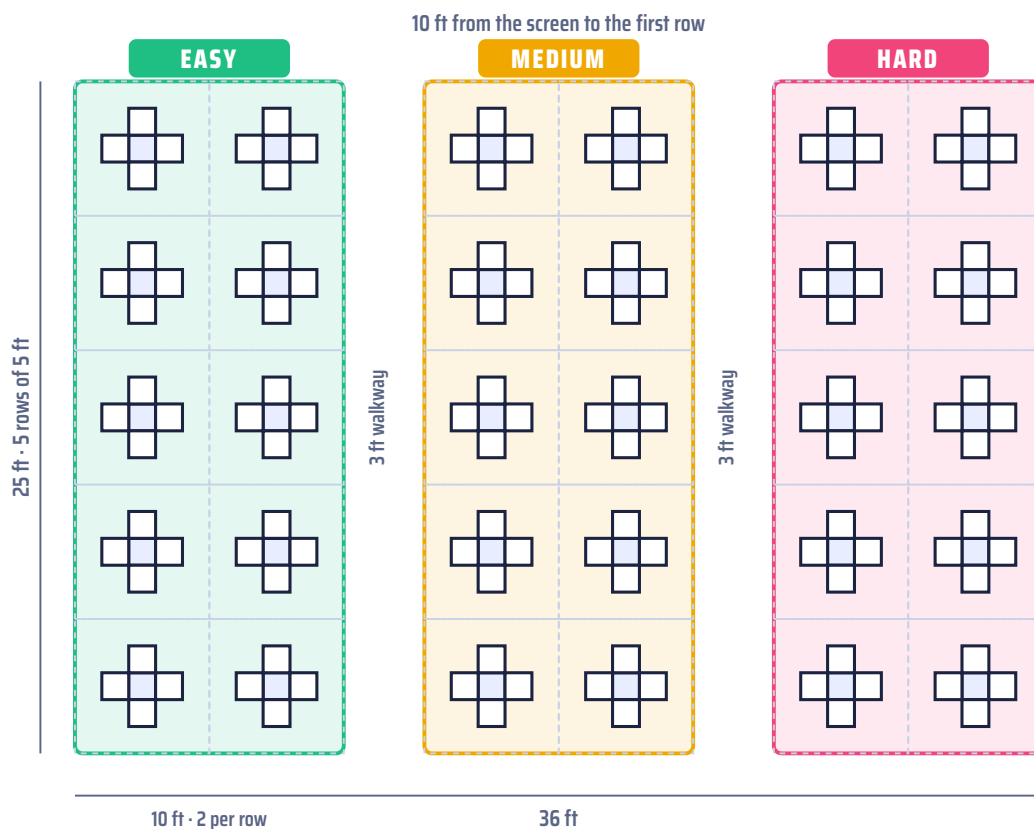
5 - AFTER CLASS

The wrap-up shows minutes dancing and the share of class time that was active (the CDC target is at least half). **Settings** → **Class log** exports every class as a spreadsheet (CSV). Nothing about individual students is recorded.

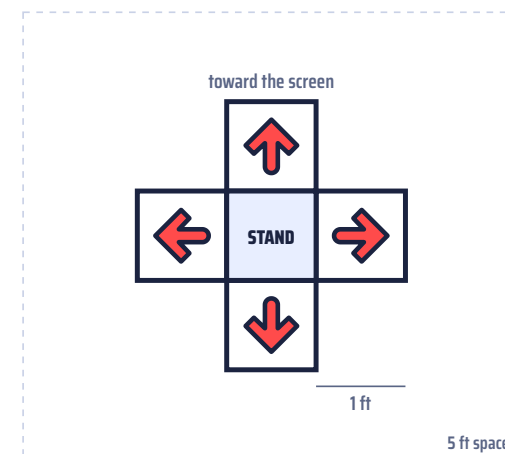
IF SOMETHING'S OFF

- **Arrows early or late?** Run ROOM SYNC again, or Settings → Fine-tune sync (5 ms steps).
- **Edges cut off on a TV?** Settings → Picture inset. **Choppy?** Settings → Background: Song art, and Playfield sharpness: 720p.
- **No sound?** Press any button once; browsers start audio only after someone presses something.
- **Free play** plays any song outside a class. **HOW TO PLAY** runs a narrated demo, and it starts by itself after a minute idle.

SCREEN



ONE GRID (TO SCALE)



TAPE EACH GRID

- Four 1 ft × 1 ft squares around a 1 ft center: left, down, up, right. The center is where students stand.
- Leave a 5 ft × 5 ft space per student.
- "Up" points at the screen.
- Optional: arrow stickers on each square.

Per grid 16 ft of tape

30 grids about 480 ft: three 60-yard rolls

Floor area 36 ft wide × 35 ft deep, screen included

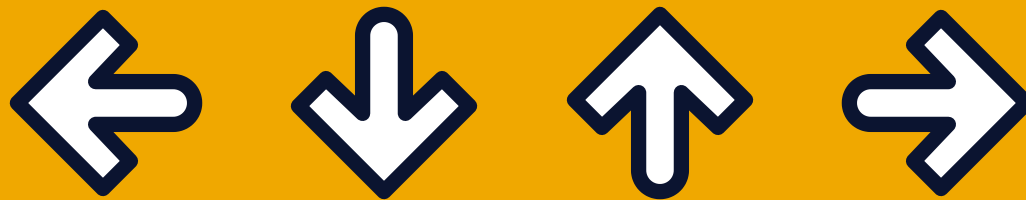
Tape Gym floor tape (vinyl, safe for wood floors)

EASY



About one step every two beats

MEDIUM



A step on every beat

HARD



Up to two steps a beat