

Dance Activity

1 The Warm Up

- Play your favourite song and begin by walking around your space e.g. the living room or garden (make sure the space is clear of any obstacles)
- Try not to just walk around in a circle, think about creating patterns on the floor, when you change direction add a turn or a spin before you continue walking
- Whilst walking start to add movements to warm up and stretch the rest of your body e.g. roll your shoulders backwards 4 times then forwards 4 times, make yourself as wide as you can then as small as you can, try to touch the ceiling or the sky if you are in the garden
- Can you think of any other movements to warm your body up?

2 The Activity – Name Game



- Can you write your name in the air with your hand?
Could you try your non-dominant hand? What about a different body part e.g. nose, elbow, foot
- Try it on a different level, so if you were standing could you try sitting or lying. Could you repeat this with your surname?
- Pick 3 – 6 of the letters/movements that are your favourite to do
- Practise linking movements e.g. turns, twists, leaps, hop, kick, jump – can you think of any others?
- Add a linking movement between your letters to create a small phrase which you can practise and perform
- Try putting it to music and ask someone to record you so you can show your family and friends

ABC

3 The Cool Down

- Sit quietly on the floor for a minute or two (in whatever position you are comfortable in) and concentrate on your breathing
- Take a deep breath in through your nose and out through your mouth. Repeat this 4 times then slowly stand up

Enjoy!