

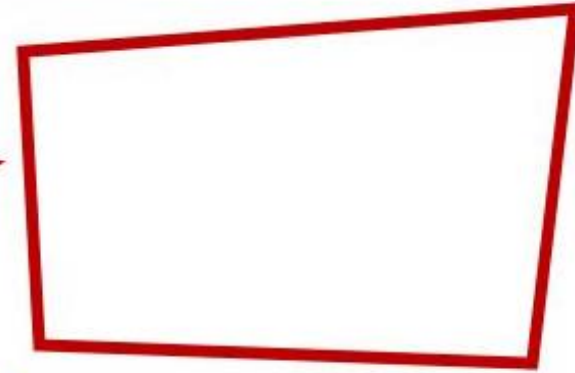
KEY STAGE 2

MONDAY



30mins

Dance



ACTIVITY

Create a Dance Routine

- Pick your favorite, catchy song and develop a dance routine
- Think about how you will teach other members of your family the routine
- Will you use repeating parts and props?

How is best to communicate what you want people to do in your dance?

Are the moves clear?

Is it safe? Can you explain where the risks are?

How can you encourage your family as they complete the dance?

What categories could you award prizes for?

EQUIPMENT NEEDED

- Just yourself, but you could use a few props if you have them
- Something to play you song on



How can you demonstrate **self belief** throughout **this challenge?**

MAKE IT EASIER...

Can you change the routine, the number of times the same part needs to be completed, or length of time of the dance

MORE OF A CHALLENGE

Can you use props and more complex moves?

MAKE IT INCLUSIVE

Make sure you think everyone's abilities when putting your dance together?

LEAD OTHERS

Can other members of your family copy your balances?