

Dance Activities

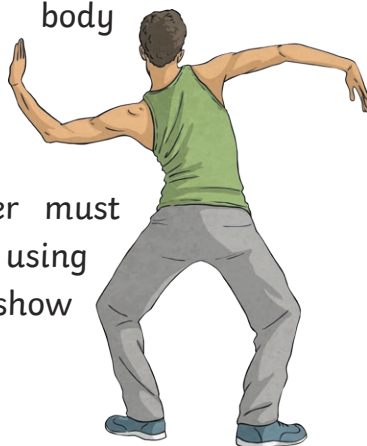
1. Try this activity with a friend or family member. It can be played with 2 or more people. One of you will perform a move and the other will copy it. Add a move each time so that by the end you are performing a sequence of moves and your partner is copying. Swap roles.



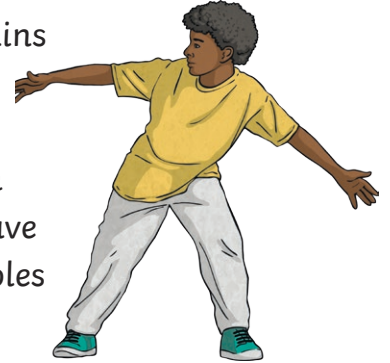
2. Play this activity with a friend or family member. It can be played with 2 or more people. One of you will call out 2 methods of travelling e.g. walking, running, jumping, crawling etc. The other must create a sequence of 3-4 moves that uses this method of travelling. Repeat, swapping roles.



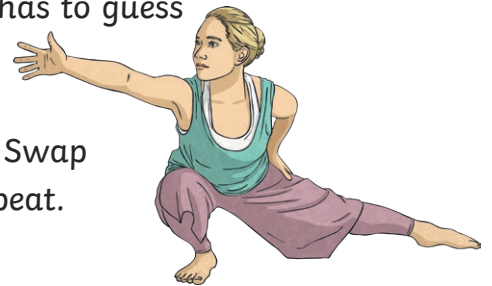
3. Try this activity with a friend or family member. It can be played with 2 or more people. One player chooses a body part and an abstract noun (bravery, calm, happiness, excitement etc). The other player must then perform an action using only this body part to show the emotion.



4. Try this game with a friend or family member. It can be played with 2 or more people. One of you will create a short dance phrase that contains some repetition. The other player must guess which movement you have repeated. Swap roles and repeat.



5. Try this game with a friend or family member. It can be played with 2 or more people. One player chooses something they can see, hear or smell in the area they are playing, they use this as their 'trigger' and create a dance move to show this. The other player then has to guess what they think the trigger was. Swap roles and repeat.



6. Can you create your own dance linked to the topic of water? Once you have created it, try teaching it to a friend or family member.

