

# NAME: LOCKDOWN LESSONS

AGE: JUNIORS

SUBJECT: PE

TOPIC: DANCE

SKILLS: COUNTING BEATS/IMPROVISING/  
DANCE VOCABULARY



## WHAT WE WILL LEARN TODAY

- BE ABLE TO MOVE OUR BODIES TO A COUNT AND BEAT
- HOW TO CREATE AND PERFORM OUR OWN DANCE
- LEARN AND IMPLEMENT DIFFERENT DANCE VOCABULARY

## EQUIPMENT

- SPACE TO MOVE
- MUSIC OF YOUR OWN CHOICE
- PEN/PAPER TO PLAN
- 2 SCARVES/TEA TOWELS/MATERIAL

## PRACTICE (CLICK HERE FOR VIDEO)

### Wake Up Activity

#### Energy Ball

- Imagine you have a ball in your hand and put on your favorite piece of music
- When the music starts can you move your imaginary ball as much as possible, in anyway you like. Try these balls:

1. Bouncy Ball
2. Big Ball
3. Small Ball
4. Heavy Ball
5. Fire Ball!!!!

### Counting/Beat Games

#### The Sun Cream Game

- Can you count either in your head, shout yourself or get someone to shout for you from numbers 1-8
- On each number 1-8 rub cream into the imaginary persons back with your hands
- When you reach 8, you must jump to face the opposite way and repeat. Can you do x4 counts of 8?
- Sometimes in dance we can split the counts in half also, can you then rub sun cream to the following count remembering the jump and change direction after each number: 8 -8 -4 -4 2-2-1-1

#### Low / Middle / High

- Can you think of a way of moving your body in a low/middle/high position to the count of 8
- Use all your body, when you have done the first count of 8 move onto the next move

#### Flames

- Get two pieces of material (scarves/tea towels/socks)
- To the count of 8 can you move the scarves to the count, changing your move each time (Different speeds/direction)
- Now can you move them to music?

#### Hints/Tips

- Practice your counts of 8, start off with a steady count (don't go too fast and count in your head)
- Just use the counts first, then add in some music once you are confident
- Remember in dance the magic number is 8! -BE CREATIVE with your movements!
- Try and move fluently with control, use all your body!
- Can you experiment with different speeds/levels and directions?

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## WHAT WE WILL LEARN TODAY

- BE ABLE TO MOVE OUR BODIES TO A COUNT AND BEAT
- CREATE OUR DANCE ROUTINE
- LEARN AND IMPLEMENT DIFFERENT DANCE VOCABULARY

## EQUIPMENT

- SPACE TO MOVE
- MUSIC OF YOUR OWN CHOICE
- PEN/PAPER TO PLAN
- 2 SCARVES/TEA TOWELS/MATERIAL

## CHALLENGE (CLICK HERE FOR VIDEO)

### DANCE DESIGNER

- You are now going to create *your own dance routine* of x8 counts of 8 (you can split counts if you like)
- Start by just practicing your moves to the count then add in music when you are ready
- When creating your routine can you use our Dance 'Tool Box' below which will help you. For each move you need to think What? Where? How?
- You can use our example routine or create your own!



**TWIST**

**SLIDE**

**TURN**

**JUMP**

**OWN MOVE**

**OWN MOVE**

**OWN MOVE**

**OWN MOVE**