

Home Education – Summer 1

Weeks 3 and 4

Dance

As we all know, dance is a fantastic way to let your child express themselves and communicate freely. Please enjoy the following activities, links and websites chosen to stimulate and boost your child's well-being. Have fun!

TRY ME AT HOME: Newspaper Dancing

Step 1: Play your child's favourite song and leave it playing...



Step 2:



Step 3:



Step 4:

Start with your newspaper unfolded, laid out flat. This is your "dancefloor".
With the music playing, begin dancing.

Next, step off your dancefloor, fold it in half and step on again. Continue dancing in creative ways, staying on the newspaper.

Challenge: Can you fold your paper again, into a quarter? HARD! We

Have fun making the fraction $\frac{1}{2}$ and $\frac{1}{4}$ as you're movin' and groovin' to some great tunes.

TRY ME AT HOME:

Movin' & Groovin'!

Another fun, easy dance activity you can do in your home or garden with a few simple materials.

You'll need:

- Music
- Sheets of paper
- Felt tip pens
- Sellotape or blu-tack

Step 1:

Play your child's favourite song

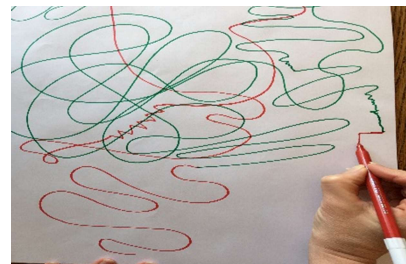


Step 2:

Take a felt tip pen and draw to the music (squiggles, wavy lines, spirals, dots etc.)

let the music do the drawing.

Allow a variety of shapes and sizes to form.



Step 3.

Stick the paper to the wall.

Lay another piece over the top and trace your favourite line from.

This is your floor pattern. Take it off the wall, use it to create a journey around a room or your garden.



This weeks fortnightly recommendation is: 'DanceSyndrome'.

<https://www.youtube.com/user/sueblackwellDS>

Their vision is simple:

"Empowering learning-disabled individuals through inclusive dance".