



Dance

Secondary Home Education – Summer 1 Weeks 1 and 2

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!

BALLETBOYZ

Dance like one of the BalletBoyz!

<https://www.youtube.com/watch?v=TA01QX5Etp4>
https://www.youtube.com/watch?v=pJA9pNWF_34&t=1s
<https://www.youtube.com/watch?v=ycO45EU85ck>

Some parents and pupils alike will remember and recognise the BalletBoyz who have a whole range of short movements and dances for you to enjoy by one of their dancers, James.



One to try together!

https://www.youtube.com/watch?v=iu8W_SX_wy4

Mirroring:

https://www.youtube.com/watch?v=qb-nEp_Ti60

1. Play your child's favourite music
 2. Stand or sit opposite them
 3. Copy their movements, as if looking in the mirror.
 4. Swap over – Can they copy you back?
- *Slow and controlled movements work best
*Experiment with different levels such as reaching up high or swaying along the floor.

Movement Breaks: Who doesn't love a fun, engaging movement break? Especially when it will help support the brain related to attention and help process information! Here are some favourites of ours...

Easy:

<https://www.youtube.com/watch?v=qeSSmNRBlqY&t=6s>

Super Simple Songs

Medium:

https://www.youtube.com/watch?v=-1Pz_R4aaDo

Jumpstart Johnny!

Hard:

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

Old Town Road – Lil Nas

Keep on the Move Home Physical Education

Can you make sure everyone is moving around in a space?

How to play:

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space .
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?



Can you keep trying even if you feel tired?

Top Tips

Breathing

Make sure that you breathe in through your nose and out through your mouth when performing the activities.

Let's Reflect

Why did you move around the way you did?

Which way was the most challenging way of moving and why?