

Activity Cards

At Home

To maintain a basic level of health, children and young people aged 5 to 18 need to do...



DANCE

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

AT LEAST

60

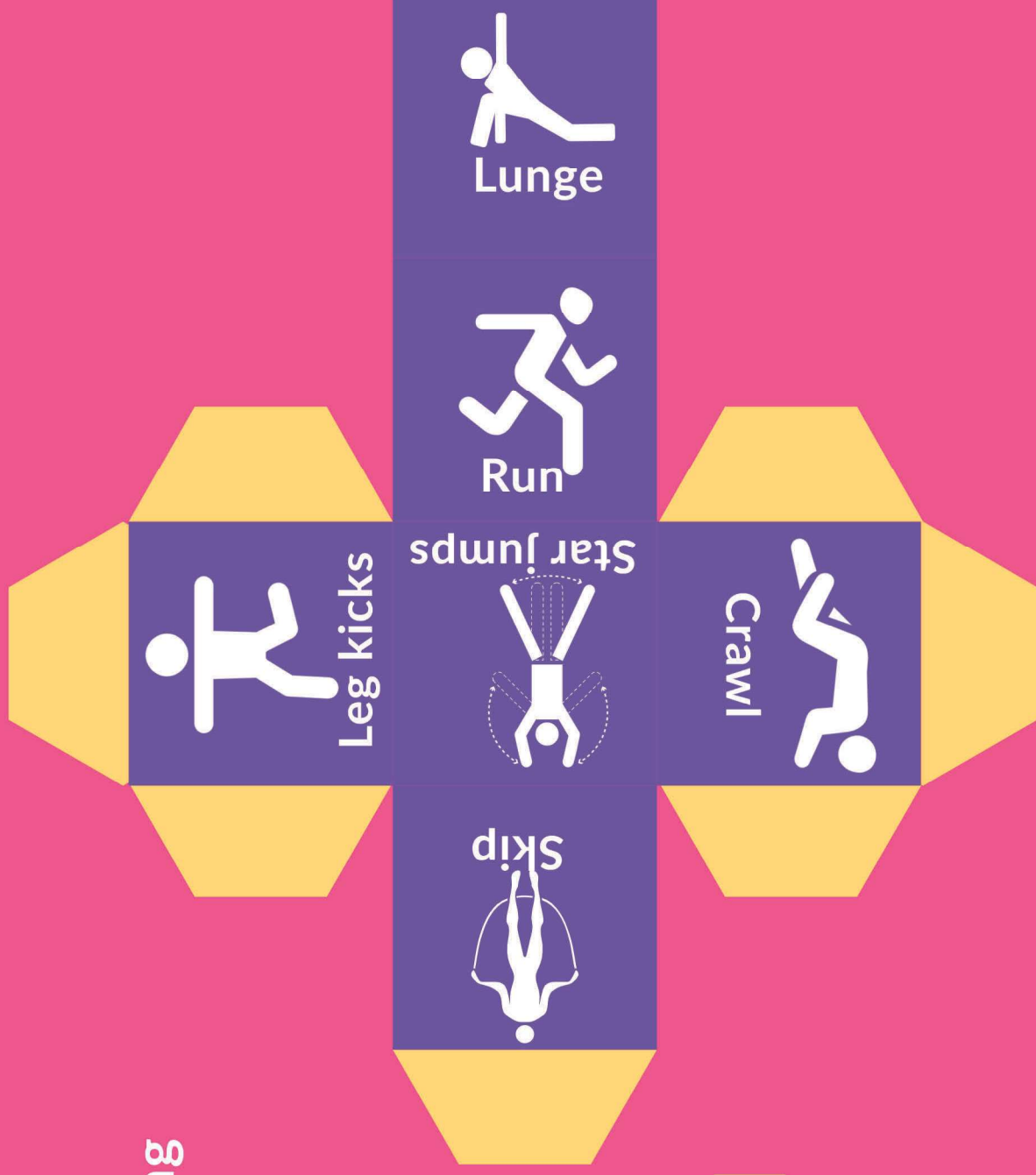
**MINUTES OF PHYSICAL ACTIVITY
EVERY DAY!**

Warm Up

Dice Game

Cut out the dice by cutting around the edges. Fold the tabs and along the lines and stick together using glue or tape to make a dice. Throw the dice to make your warm up and try each move for 30 seconds!

Remember to warm up before any activity

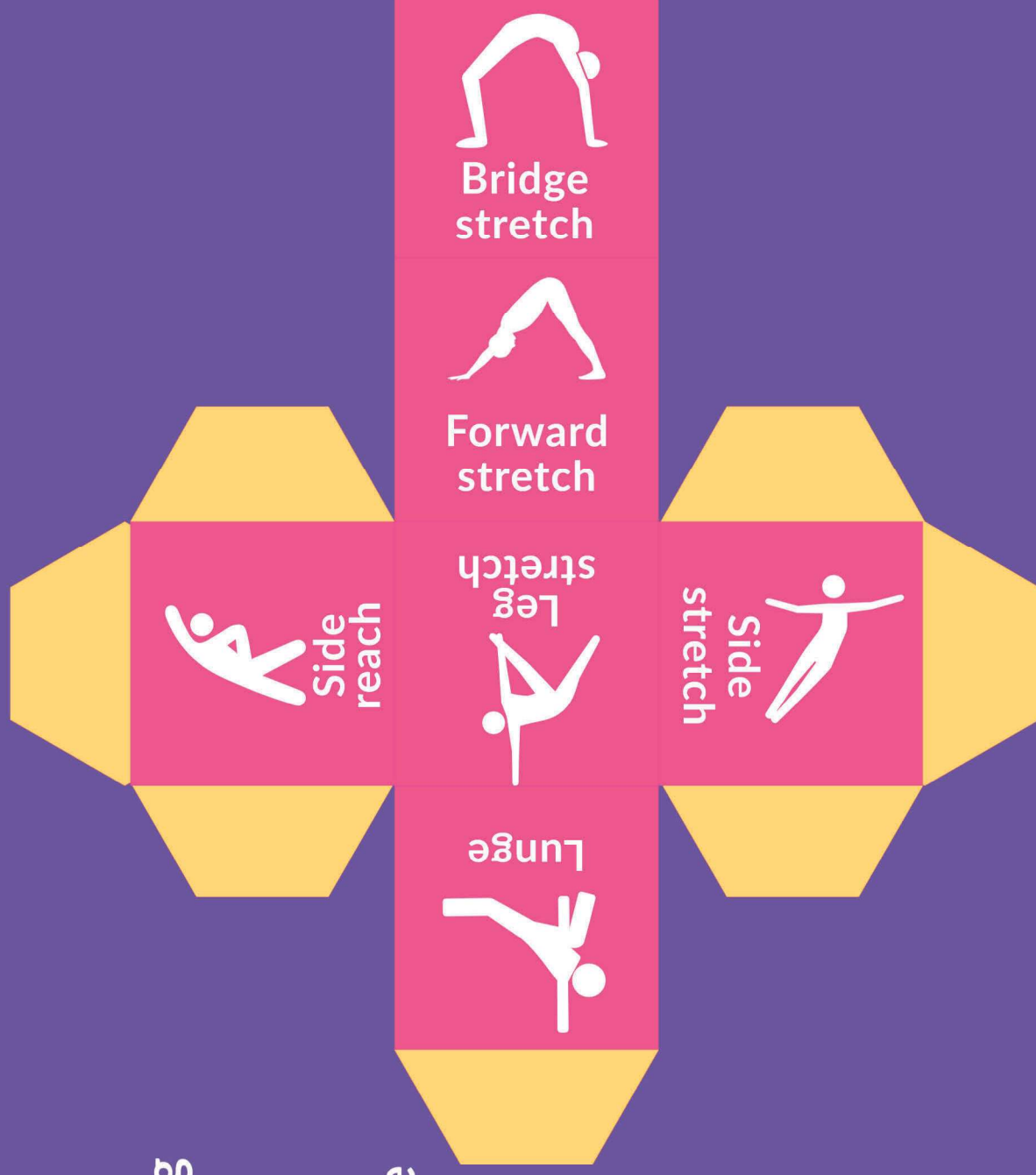


Stretch

Dice Game

Cut out the dice by cutting around the edges. Fold the tabs and along the lines and stick together using glue or tape to make a dice. Throw the dice to make your own pattern of stretches and try each stretch for 30 seconds!

Remember to warm up before any activity

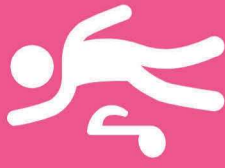


Dance Styles

Hip Hop

Tip - Try to copy some moves from a music video

Hip Hop is an edgy, raw and intense urban dance style also known as Street Dance. The origin of popping, locking and crumping. Hip Hop is mostly danced to rap, urban and not surprisingly, hip hop music.



Highland

Tip - How many jumps can you do?

Highland dance was developed in the Gaelic Highlands of Scotland. Highland dancing requires a lot of stamina, as well as arm and leg strength.



Ballroom

Tip - Try some dance moves with a partner

Ballroom dance is a type of partner dance. Ballroom has today evolved into two main types - standard/smooth and Latin/rhythm. Dances within these categories include the waltz, tango and foxtrot, and salsa, jive and samba.



Contemporary

Less about choreography and more about self-expression, contemporary combines several styles of dance to create unique movements.

Tip - Pick a slower song and express your feelings as you dance



Dance Styles

Ballet

Ballet is referred to as the backbone of different types dance forms. The person performing ballet looks very elegant at all postures. The techniques to do ballet developed many years ago. To become a perfect ballet dancer you must be highly disciplined and trained.



Tip - Slow and graceful moves

Tap

Tap is best described as "musical feet". Tap is a form of dance where dancers use their feet as percussive instruments. Tap shoes are that are specially designed with percussive metal plates on the toe and heel, called taps.



Tip - try to use your shoes to make some noise

Jazz

Jazz is the most popular style of dance among dancers. Jazz combines all dance styles in a high energetic dance. It has been influenced by ballet, modern, tap, hip-hop, and African dance. Jazz is most often accompanied by upbeat, currently popular songs.



Tip - Pick your favourite song and dance along

Lyrical

Though the basis of lyrical dance is ballet merged with jazz and modern. It is dynamic while simultaneously subtle, and focuses on conveying feelings and emotions through movement. Set to popular songs that emphasize deeper feeling and emotion, such as love and despair.



Tip - try combining some ballet and jazz moves

Sequences

Use your birthday or any other 6 numbers
to create your own dance sequence.

0 Jump/Leap

1 Turn

2 Right Arm

3 Left Arm

4 Head

5 Right Leg

6 Left Leg

7 Kick

8 Slide

9 Body



You can
dance indoors
or outdoors
at any time.
Why not
get someone
from your
house to
join in?



Dance Moves

The body can be used in different during dance, we can move individual parts or a number of parts together to create moves and sequences. Try moving different parts of your body!

Arms can be moved individually or together. They can move high or low, fast or slow. Arms add another dimension to your dance steps.

Head can be moved side to side, forwards and backwards and in a circle. Always be careful when moving your head.

Legs can be moved individually or together. They can move high or low, fast or slow. Legs allow you to jump, leap, turn, slide and kick.

The body can be moved in sections such as arms and legs or you can move your full body to create high or low levels.

