

#stayhomestayactive

@PEatHome1

**EXPLORE**

The haka is an ancient posture dance of the New Zealand Maori people. 'Haka' simply means dance. It was traditionally performed before a battle.

The New Zealand rugby team famously perform a haka before each international rugby match.

**Bright ideas:**

Explore making the body shapes from 'ka mate, ka mate' – the traditional New Zealand rugby haka, made by the players in the pictures below.

Can you perform them in sequence and make your body shapes strong.

Try adding in some actions like stomping your feet, slapping your hands on your legs or arms or sticking out your tongue!

Explore what other strong shapes and actions you could make with your body. Can you vary the levels of your shapes to add interest (high, middle, low)?



<https://i.pinimg.com/originals/06/f5/6e/06f56eae22efd582f6acd700fd1774c.jpg>

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Dance?

<https://www.dancexchange.org.uk/><https://www.stepsdance.co.uk/><https://www.facebook.com/DebonairDanceAcademy/>**PRACTICE**

Choose 6 body shapes and actions from the ones that you explored earlier – these can be your own or ones from the New Zealand rugby team haka.

Spend time carefully deciding the order that you want to put the shapes and actions in. Try to get them to flow well from one to the other. Practise this until you can confidently remember and perform them.

Performance is really important in dance, so add in some scary facial expressions.

Perform your haka for your family and ask them to comment on how scary your performance was.

**Art and Design**

The Maori are the indigenous people of New Zealand.

Masks are part of Maori culture and history. They had detailed designs and patterns that were often symmetrical. Look at this example of a Maori mask then explore drawing your own spirals and patterns.

Can you make these patterns symmetrical?

Now try creating your own Maori pattern inspired mask.



Make sure you have enough room to complete the tasks.

**RE Challenge**

The Maori creation story tells that in the beginning there was only 'nothingness' – 'Te Kore'.

From this nothingness came Papatuanuku (Earth Mother) and Ranginui (Sky Father). They came together and their children became the gods of the Maori.

Can you find out what happened in the Maori Creation story?

What other creation stories do you know or could find out about?

**DEVELOP**

The 'dynamics' of HOW you perform a movement or action in dance are really important.

Now work on 'HOW' you could perform your actions and shapes.

Try changing the speed of one of your shapes/actions.

Now try changing how much effort or energy you put into one of your shapes/actions.

Watch the NZ men's rugby team perform 'ka mate, ka mate' again for ideas here: <https://www.youtube.com/watch?v=vYmszJ00aMM>

Practise your final haka and then teach it to the other members of your family. Perform your family haka together.

**Parent's Tip!**

Encourage your child to spend plenty of time exploring each shape and action.

Encourage them to use their whole body in their dance and add in those facial expressions for extra effect!

**KS2**

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## EXPLORE



Street dance is a contemporary dance form that started on the streets in New York.

Some examples of street dance include hip hop and breakdance.

**Bright ideas:**

**Waving:**

Can you create a wave with different parts of your body?

- Try waves with your arms
- Try waves with your legs
- Try waves with your whole body

Have a look at this video for some great ideas:

<https://www.youtube.com/watch?v=HAgU0awtPFs>

**Popping and Locking**

This involves tensing your muscles to create movement.

- Can you pop and lock your arms?
- Can you pop and lock your legs?
- How many different parts of your body can you pop and lock?

<https://www.youtube.com/watch?v=a7mwp8rCuNg>

<https://www.youtube.com/watch?v=rTVGcqzHPv8&t=8s>

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## PRACTICE

You will be working on popping, locking and waving.

Can you create 10 seconds of dance which contains locking, popping and waving?



Can you challenge a member of your family to a dance off using these techniques?

## Art Challenge!

Street dance originated in New York in the 1970's. The artist Andy Warhol spent most of his life in New York and died there in 1987.



Can you find any other examples of Andy Warhol's paintings?

- What genre of artwork did Andy Warhol produce?
- What are the characteristics of his artwork?
- Can you find two other artists that also used this art form in their work?



## History Challenge

Street dance was created as a rebellion against other traditional forms of dance.

The Peasant's Revolt occurred in England in 1381, during the reign of Richard II.

- What was the Peasant's Revolt?
- What were the causes of the revolt?
- What changes were the peasants demanding?
- What were the consequences?



Can you identify the man in the picture who was the leader of the Peasant's Revolt in 1381?

## DEVELOP

You should have created a ten second street dance.

Can you find some music which you could pair your dance with? You might want to start by listening to:

MISSY ELLIOT  
CHRIS BROWN

JUSTIN TIMBERLAKE  
FLO RIDER RUN DMC



PARIS 2024



Breakdancing is a form of street dance and is being considered for inclusion in the Olympic Games in Paris in 2024.

Phil Wizard from Canada is the current boys world champion at breakdancing:

[https://www.youtube.com/watch?v=uM3\\_HDdNCSw](https://www.youtube.com/watch?v=uM3_HDdNCSw)

Can you find 5 interesting facts about Phil Wizard?

How do judges score a breakdancing competition?

## Parent's Tip!

Allow plenty of time to practice each move! Keep your dance simple to start with until you have perfected the technique.

Try to use your whole body in your dance!



Make sure you have enough room to complete the tasks and that you have practiced each technique!

KS3

