

DANCE



run

melt

WARM-UP

Each for 8 counts -
continue on a loop



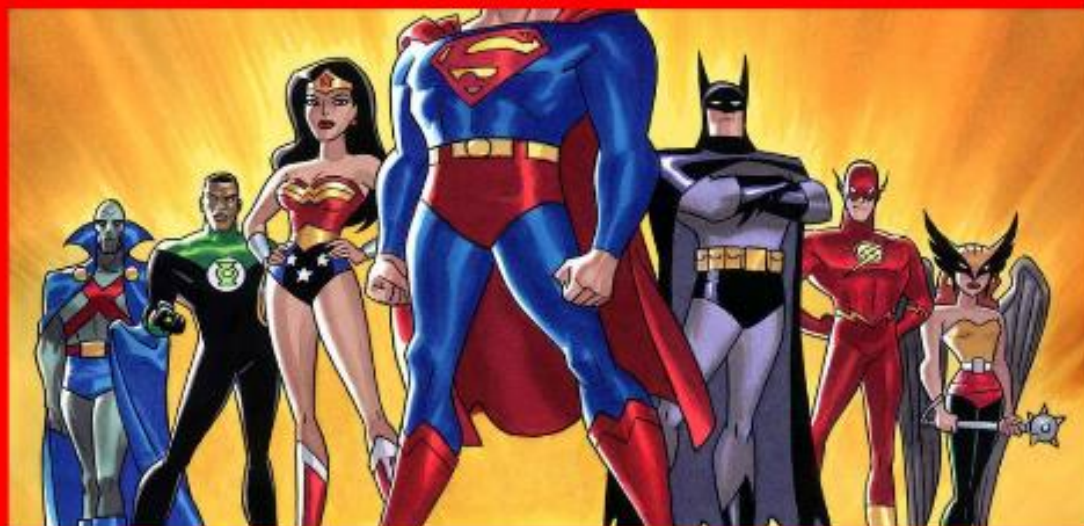
<https://www.youtube.com/watch?v=Yir4WyDi8rU>

roll

stretch

Have you used a variety of actions?

L.O. To construct a dance and share our creations with the class.



What would your perfect superhero be like?
What special powers would they have?

Step 1 If I was a Hero

Create one movement that represents what your super power is.

This movement must use your whole body and last for 2 counts e.g. if you had 'laser vision', you could crouch down low and sweep your body from left to right using your power.

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Step 2 Spell your name

Take the first 4 letters of your name, and spell each letter in the air as big as you can (use different body parts).

Practise this and make sure you have smooth transitions between your letters.

<https://www.youtube.com/watch?v=fiDjOZ7-BzY>

Each letter must last 2 counts of music (8 in total).



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Step 3 Power Moves

Create 3 power moves that your superhero would use.

Make them big, energetic, quick movements that show strength.

Practise performing these one after the other on a 1 count, with a 1 count pause in-between (hold the shape in the pause). So, move (1 count) and hold (1 count).

<https://www.youtube.com/watch?v=fiDjOZ7-BzY>



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Rehearsal of Dance Solo



<https://www.youtube.com/watch?v=fiDjOZ7-BzY>

Counts 1 -2 Superpower

Counts 3-4, 5-6, 7-8 and 1-2 Letters

Counts 3, 5 and 7 Power Moves (pause and hold on 4, 6 and 8)

Continue to practise.

Now perform to your family or friends.

Video your solo and SeeSaw it to us.