



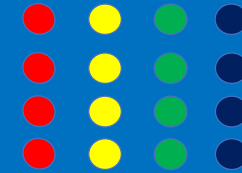
# Dance fun at home





# On the spot

(fun simple dance aerobics)



**Starter:** Parent/carer to lead the child through "head, shoulders, knees & toes"

**Activity 1-** Introduce the game: All actions on or near spot & parent/carer to call out a command from below for their child.

IN FRONT OF THE SPOT    ON THE SPOT  
 SIDE OF THE SPOT    BEHIND THE SPOT  
 AROUND THE SPOT    HAND (on spot)

-Vary the way they you move e.g.

-march "march on the spot" - run - fast run high knees, hop "around the spot", jump with two feet.

Vary the speed you do the actions

**Activity 2: Pick your own !**

Ask the child to pick their favourite way of moving to play the game. Play again with another way of moving.

**Easier:** copy **Harder:** change moves every time

**Activity 3: Buddy up!**

- In pairs - 1 leads and other follows.

-one of you to lead the other between their 2 spots./around front room

-move down to next spot in line, different ways of moving, balance on spots, stick to spots.

-Make different shapes moving around spot

Pick your favourite song to do this to. Use flat kitchen roll/towel/pants as spots.



123456  
78910

## Flash Dance card Numbers up!

123



Music: "Children" by Robert Miles or Any instrumental

Aim: is to make up a dance using numbers  
(could redo with letters/shapes after wards.)

**Activity 1:** Ask your child to think about numbers between 0 & 9. You may need to ask them to write them down first to refer to.

- Ask them to use their arms to represent the number.
- Try other numbers.
- Repeat activity using their legs.

Pick their top 3 to practise.

Get them to show you their numbers and see if you can guess what they are.

**Easier:** You can show numbers on paper or pick 3 you want to use.

**Harder:** Ask them to link the 3 numbers or add more numbers.

**To finish:** Pick your best 3 numbers between you and try to perform them in a short sequence.

**Activity 2:** As activity 1 but this time they need to perform a moving action to represent their numbers.

e.g. they could do 2 footed jumps forward in straight line for a number 1 OR spin on their bottoms to represent a 0.

- a) Try to move in the shape of your number in different ways. Pick your best one
  - b) Repeat for 2 other numbers
  - c) Get them to show you their numbers and see if you can guess what they are
  - d) Create a sequence to combine your best 3 numbers.
- Practice

To finish: Link the sequence from activity 1 to activity 2.

Practice it many times.

**Perform:** Have a clear still number to start & finish their sequence.



# KS2 Warm up card

## Groove it yourself (DIY)



**Music:** Anything with a strong beat **Organisation:** In colour groups in areas

**Parent/carer** to lead through the following exercises for children to copy.  
Develop to child doing own exercises and then leading each other.

### Upper Body

- Arms circle forwards
- Arms circle backwards
- Shoulders circle forwards
- Shoulders circle backwards
- Swing arms from one side of the body to the other
- Swing arms from low to high
- Swing arms forwards and backwards
- Hands circle (rotate hands around in a circle)

### Lower Body

- Kick feet up to bottom one at a time
- Open the gate - lift knee forwards and swing outwards at the hip
- Close the gate - lift knee to the side and swing forwards at the hip
- Stand on one leg and rotate ankle, change direction and then swap legs

Warm up:

Pick an exercise from the card.

Encourage them to keep it simple! Pick a base move then develop it.

For example:

Marching - On spot

- x 8 & change direction
- x 4 change direction
- march forward for 4 on spot x4
- march back x 4 on spot x 4

Add arms and repeat above

Then repeat for other actions.

You can change it every time or try and remember and repeat it.

Can you think of your own fun dance moves?



# KS2 Warm up card

## Groove it yourself (DIY)



### high knees



### star jump



### standing mountain climbers



### punch



forwards  
one hand  
two hands  
together  
sideways  
up / down

### grapevine



### lunge

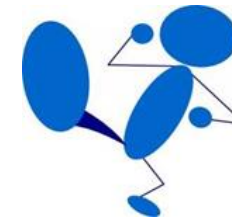


### jog

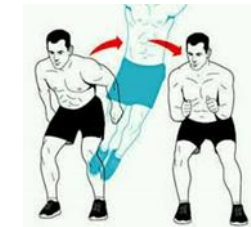


- ❖ slow
- ❖ Fast
- ❖ Count of 8, 4, 2?
- ❖ Move forwards/backwards?
- ❖ Change direction?

### kicks



### Jumps



Try:  
8 jumps then 4?  
Forwards & backwards  
Add an arm move?