



PHYSICAL EDUCATION

DANCE STAR

EQUIPMENT

Something to play (and pause music), a space to work in, paper and a pen, optional: video recording device (i.e. smartphone, iPad, laptop, GoPro)

SKILLS & LEARNING:

Dance, fundamental movements, evaluation, rhythm, expression, creativity

RULES

Choose a song you enjoy

Listen to it, with a pen and paper and write down how the song makes you feel, the tempo of the song and any themes within the song

Listen again and tap the rhythm of the music to get a feel for it

Experiment with some movement patterns that LINK to the song's theme or how it makes you feel – what type of movement reflects this?

As you experiment with and create movements, write them down (or draw them) in a storyboard format (a bit like a comic book of your dance)

Consider how you can transition between movements and actions to keep the dance fluent

Put your actions together with fluency and transition, how does it feel? Evaluate your performance (if you can, film it and watch it back)

Decide on some ways to improve your dance, and try to build them into your routine

Practice, practice, practice!

EVALUATE

When evaluating your performance, consider the following areas to build improvements:

Timing & rhythm

Expression & focus

Musicality

Body awareness – balance, posture & alignment

Coordination

