






## 18.5.20 Home Learning Heroes/Heroines Dance activities

<p><b>Activity 1</b></p> 	<p>Design</p> <p>Can you design a movement game using chalk, drawings, dance actions with a range of vocabulary and/or number problems?</p>
<p><b>Activity 2</b></p> 	<p>Dance Journal</p> <p>Keep a journal all about your dance superpowers. See examples below:</p> <ul style="list-style-type: none"> <li>- My powerful brain makes cool dances phrases such as .....</li> <li>- I enjoy performing because .....</li> <li>- My strength is working in a team in dance because ....</li> <li>- My favourite dancer is .....</li> <li>- My dance inspiration is?</li> </ul>
<p><b>Activity 3</b></p> 	<p>Dance Fact file</p> <p>Make a fact file about a famous dancer, choreographer or style which pushed the boundaries or stylistic features of theatrical or commercial dance?</p> <p>Madonna, Martha Graham, Alvin Ailley</p>
<p><b>Activity 4</b></p> 	<p>I never give up dance challenge!</p> <p>Can I set a dance technique challenge?</p> <ul style="list-style-type: none"> <li>- work on your flexibility, extension or alignment?</li> <li>- Can you snap shot how you have developed this skill?</li> </ul>
<p><b>Activity 5</b></p> 	<p>The super challenge</p> <p>Give yourself an arts star award. How have you or a family member demonstrated the following in your home learning</p> <ul style="list-style-type: none"> <li>- calm</li> <li>- strength</li> <li>- communication</li> <li>- resilience</li> </ul>