



JB's Holiday Activities

KS 1 Dance

Name

Class.....



How much can you remember about Dance?

Q1) Can you name a style of dancing?

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Q2) When dancing to music, you are listening for the what?

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Q3) How would you need to move if you were dancing to a fast song or piece of music?

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Q4) Name three different body parts that you can use when dancing?

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Can you try the following?

- 1) Can you copy a dance that you have seen?
- 2) Can you make your own dance to a song of your choice?
- 3) Can you clap in time to the beat of a song of your choice?
- 4) Can you copy a partners movements?
- 5) Can you perform an action in slow motion?

Can you watch and then copy 5 of your favourite pop song dance routines?

What are they?

My helped me try these challenges in the holiday.

Adult Signature