

Dance

Week	Skills	Activities
1 & 2	Learn steps from Hip Hop: Projection. Focus. Expression.	1 - Children to follow the videos below individually and then to practise with a partner: ▶ 3 Simple Dance Moves for Beginners (Hip Hop Dance Move... ▶ 5 Easy Footwork Shuffle Steps ▶ 30-Minute Hip Hop Dance Class LEARN A DANCE WITH ...
3	Timing. Musicality. Explore creative movement through improvisation and free dance.	1 - Children embed (recap) steps from previous lesson. 2 - Create a simple dance routine - Individually or with a partner based on steps learnt in previous lessons. Aim to add at least three different steps into your routine.
4	Jazz Dance Introduction Explore the characteristics of jazz dance. Jazz Isolations Work on isolatinTiming.	1 - Children to follow the videos below individually and then to practise with a partner: ▶ How to Do the Ball Change Cross Jazz Dance ▶ How to Do the Drag Step Jazz Dance

	Timing. Musicality.	1 - Children embed (recap) steps from previous lesson. 2 - Create a simple dance routine - Individually or with a partner based on steps learnt in previous lessons. Aim to add at least three different steps into your routine.
5	Explore creative movement through improvisation and free dance.	Children to link words with body movements and create a dance routine based on the movements they have come up with
6	Expression Collaboration	Perform a dance routine in pairs or individually