

#stayhomestayactive

@PEatHome1

## EXPLORE



We are going on an animal adventure to explore moving our bodies in the way some animals do.

Bright ideas:

Can you move your body in the following ways?:

- Stomp heavily like elephants.
- Waddle quickly like penguins.
- Crawl slowly like crocodiles.
- Pounce carefully like cats.
- Run lightly like mice.



What other animals can you name? Think about how that animal might move and see if you can move your body in the same way.

Can you describe how your body is moving?



Watch some animals moving to help with your ideas:

<https://www.youtube.com/watch?v=zV8pc4jevq4>  
[https://www.youtube.com/watch?v=3A9DqdyA6\\_w](https://www.youtube.com/watch?v=3A9DqdyA6_w)  
<https://www.youtube.com/watch?v=dpvmw-EjaPk>

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Where can I find out more about Dance?

<https://www.dancexchange.org.uk/>  
<https://www.stepsdance.co.uk/>  
<https://www.facebook.com/DebonairDanceAcademy/>

## PRACTICE

Choose your favourite animal actions and practise them.

Imagine you are going on an animal journey – can you change from moving your body like one animal, to another.

Show your actions to someone in your family – can they guess which animal you are moving like?



## Mathematics - Number

Count the legs on each animal below. Write down the number of legs for each animal.

Count the total number of legs for all of the animals. Write down the number.



Can you write out numbers from 1 – 20?



Make sure you have enough room to complete the tasks.

## DEVELOP



Music helps us to express how we move or how we feel when we dance.

Choose some FAST music and perform your animal actions again. Listen carefully to the music and use it to help you move quickly.

Now choose some SLOW music and perform your animal actions. Listen carefully again and use it to help you move slowly.

Which dance did you like performing best – your fast one or your slow one? Can you say why?



Watch this video of the Zebra dance from 'Still Life at the Penguin Café' choreographed by David Bintley. Look at how the music helps the dancer to dance like a zebra.

<https://www.youtube.com/watch?v=uvEurtGkw0U>

## Understanding The World

If you could have any animal as a pet, what animal would you choose?

Draw a picture of your animal pet, and all of the things you would need to look after it.

Talk to your family about how you would care for your pet.



## Parent's Tip!

- Remember that we are not 'pretending' to be the different animals.
- Encourage your child to move their bodies using movement words like waddle, stomp, or crawl.
- Talk to your child about how their body feels when performing the same actions to different types of music.

EYFS



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## EXPLORE

You will need:-

1. Just yourself this week!
2. A Superhero costume/props if you have any.



### Bright ideas

Look at superhero clips online, look at the way superheroes move and the poses (shapes) they make.

Can you think of 3 shapes (poses) that show the strength/character of your superhero? Practise your shapes thinking about which way they fit together best.



Now practise your poses at different levels? Do you think they look best at a high, medium or low level? You can use all three.

Chose a piece of superhero music. Listen to the music, can you perform your poses to the music? Hold each pose for at least 3 seconds.



## PRACTICE

Now you have some fantastic superhero shapes you are going to add transitions (link the shapes together.) You can link them with a TURN, TRAVEL or JUMP.

Use these words to help you = run, half turn, twist, leap, hop, roll, slide, jump

You might want to write down or draw your poses and transitions to help you remember them.

Practise your shapes and transitions with your music. Think about making every movement strong, controlled and accurate.



## Writing Challenge!

We are surrounded by lots of real life superheroes in our world at the moment. Doctors, teachers, fire fighters, shop keepers, delivery drivers are all helping us whilst we are at home.

Chose a real life hero and draw a picture of them.



Can you create a fact file about your hero? What did they do for you? What makes them a hero? What do you know about their job?



## History Challenge!

Florence Nightingale was a famous British nurse. Florence is remembered as a hero because she helped to make hospitals clean and wrote books about how to be a good nurse.

Can you research and answer the following questions?

- What country and city was Florence born in?
- Which war did Florence help to treat wounded soldiers and make sure the hospital was clean in?
- What was Florence's nickname?
- International Nurses Day is celebrated each year on what date? (Florence's birthday)

## DEVELOP



You should now have a short dance with three super hero poses, linked together by spectacular transitions!

Can you add in another pose and transition? Practise this with your music and add to your dance.

To finish off your dance, add an opening and ending 'freeze frame.' This means that you will be completely still before starting your dance and the same when you have finished your dance.

Practise your dance with the music until you are happy with it.

Ask your family if they will watch you 'perform' or video your dance to watch it back. Ask for tips on how to make it even better.

### KEY WORDS:

Transitions (linking one shape to the next)  
Freeze Frame (clear beginning and end)  
Pose (shapes)  
Freeze Frame (stillness)



## Parent's Tip!

Help your child to select a piece of superhero music they really like. Some possible suggestions are the Avengers Assemble, the Spiderman theme or Cartoon Heroes by Aqua.

If you have younger or older children encourage them to give music and pose ideas and to join in.

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Make sure you have enough room to complete the tasks and that you have practised each technique!

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## EXPLORE



The haka is an ancient posture dance of the New Zealand Maori people. 'Haka' simply means dance. It was traditionally performed before a battle.

The New Zealand rugby team famously perform a haka before each international rugby match.

### Bright ideas:

Explore making the body shapes from 'ka mate, ka mate' – the traditional New Zealand rugby haka, made by the players in the pictures below.

Can you perform them in sequence and make your body shapes strong.

Try adding in some actions like stomping your feet, slapping your hands on your legs or arms or sticking out your tongue!

Explore what other strong shapes and actions you could make with your body. Can you vary the levels of your shapes to add interest (high, middle, low)?



<https://i.pinimg.com/originals/06/f5/6e/06f56eae22efd582f6acd700fd1774c.jpg>

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## PRACTICE

Choose 6 body shapes and actions from the ones that you explored earlier – these can be your own or ones from the New Zealand rugby team haka.

Spend time carefully deciding the order that you want to put the shapes and actions in. Try to get them to flow well from one to the other. Practise this until you can confidently remember and perform them.

Performance is really important in dance, so add in some scary facial expressions.

Perform your haka for your family and ask them to comment on how scary your performance was.



## Art and Design

The Maori are the indigenous people of New Zealand.

Masks are part of Maori culture and history. They had detailed designs and patterns that were often symmetrical. Look at this example of a Maori mask then explore drawing your own spirals and patterns.

Can you make these patterns symmetrical?

Now try creating your own Maori pattern inspired mask.



Make sure you have enough room to complete the tasks.

## DEVELOP



The 'dynamics' of HOW you perform a movement or action in dance are really important.

Now work on 'HOW' you could perform your actions and shapes.

Try changing the speed of one of your shapes/actions.

Now try changing how much effort or energy you put into one of your shapes/actions.

Watch the NZ men's rugby team perform 'ka mate, ka mate' again for ideas here: <https://www.youtube.com/watch?v=vYmszJ00aMM>

Practise your final haka and then teach it to the other members of your family. Perform your family haka together.

## RE Challenge

The Maori creation story tells that in the beginning there was only 'nothingness' – 'Te Kore'.

From this nothingness came Papatuanuku (Earth Mother) and Ranginui (Sky Father). They came together and their children became the gods of the Maori.

Can you find out what happened in the Maori Creation story?

What other creation stories do you know or could find out about?



## Parent's Tip!

Encourage your child to spend plenty of time exploring each shape and action.

Encourage them to use their whole body in their dance and add in those facial expressions for extra effect!

KS2



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## EXPLORE



Street dance is a contemporary dance form that started on the streets in New York.

Some examples of street dance include hip hop and breakdance.

Bright ideas:

Waving:

Can you create a wave with different parts of your body?

- Try waves with your arms
- Try waves with your legs
- Try waves with your whole body

Have a look at this video for some great ideas:

<https://www.youtube.com/watch?v=HAgU0awtPFs>

Popping and Locking

This involves tensing your muscles to create movement.

- Can you pop and lock your arms?
- Can you pop and lock your legs?
- How many different parts of your body can you pop and lock?

<https://www.youtube.com/watch?v=a7mwp8rCuNg>

<https://www.youtube.com/watch?v=rTVGcqzHPv8&t=8s>

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## PRACTICE

You will be working on popping, locking and waving.

Can you create 10 seconds of dance which contains locking, popping and waving?



Can you challenge a member of your family to a dance off using these techniques?

## Art Challenge!

Street dance originated in New York in the 1970's. The artist Andy Warhol spent most of his life in New York and died there in 1987.



Can you find any other examples of Andy Warhol's paintings?

- What genre of artwork did Andy Warhol produce?
- What are the characteristics of his artwork?
- Can you find two other artists that also used this art form in their work?



## History Challenge

Street dance was created as a rebellion against other traditional forms of dance.

The Peasant's Revolt occurred in England in 1381, during the reign of Richard II.

- What was the Peasant's Revolt?
- What were the causes of the revolt?
- What changes were the peasants demanding?
- What were the consequences?



Can you identify the man in the picture who was the leader of the Peasant's Revolt in 1381?

## DEVELOP

You should have created a ten second street dance.

Can you find some music which you could pair your dance with? You might want to start by listening to:

MISSY ELLIOT  
CHRIS BROWN

JUSTIN TIMBERLAKE  
FLO RIDER RUN DMC



PARIS 2024



Breakdancing is a form of street dance and is being considered for inclusion in the Olympic Games in Paris in 2024.

Phil Wizard from Canada is the current boys world champion at breakdancing:

[https://www.youtube.com/watch?v=uM3\\_HDdNCSw](https://www.youtube.com/watch?v=uM3_HDdNCSw)

Can you find 5 interesting facts about Phil Wizard?

How do judges score a breakdancing competition?



## Parent's Tip!

Allow plenty of time to practice each move! Keep your dance simple to start with until you have perfected the technique. Try to use your whole body in your dance!



Make sure you have enough room to complete the tasks and that you have practiced each technique!

KS3

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## EXPLORE



Bollywood dance originated in India and was created to tell a story or send a message.

Can you practise different movements which are associated with Indian dance?

Bright ideas:  
Hand Gestures



Can you practise these hand gestures which are essential in Indian dance?

Can you move in different ways whilst practising these gestures?

- Try one step from side to side.
- Try 3 steps from side to side.
- Can you lightly bounce whilst side stepping?
- Try watching this video:  
<https://www.youtube.com/watch?v=pboSZ2a0p9U>

Footwork

Can you move whilst demonstrating your hand gestures?

- Use your hips to move you body.
- Can you move in different directions?
- Can you bounce while you move?

<https://www.youtube.com/watch?v=oJbGIBOYo8o>

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## PRACTICE

For this challenge, you will need to use all of the hand gestures and movements that you have already practised.



Can you create a 10 second Bollywood dance with hand gestures and movement?

Record your dance – what aspects are good and what could you improve?

Look for other Bollywood dances and see how they compare with yours.

## Geography Challenge!



India is an emerging national economy and is part of a group of countries called “BRICS”.

- Which other countries are part of the BRICS group?

Many Transnational Corporations (TNC) have set up factories and offices in India.

- What are the advantages of TNCs to India?
- What are the disadvantages of TNCs to India?

Can you give some examples of major TNCs that have set up their factories in India?

## RE Challenge

Over 80% of people who live in India are Hindus.



Shiva is one of the three Hindu gods. Shiva is known as the “destroyer” and “transformer” and is connected to re-birth and change.

- Can you name the other 2 Hindu gods and find out 5 facts about them?
- Why is Shiva so important to Indian dancers?
- What other religions are represented in India?



Make sure you have enough room to complete the tasks and that you have practiced each technique!

## DEVELOP



Indian dance is full of expression and gesture:

<https://www.youtube.com/watch?v=RDlRaFGr19s>

Can you find an Indian song that you can link with your dance? Can you use some of the dance moves in the video above to enhance your dance?

Mrithik Roshan is famous for his dancing in Bollywood films.

- Can you find 5 facts about him?
- Can you find out the name of a film that he has starred in?



Costumes are an essential part of Indian dance. They are bright and colourful. Can you design an Indian dance costume?



## Parent's Tip!

Take your time and practise the hand gestures.

Pick out the simple movements when you first start. Find inspiration online!

KS4