

## WHATS YOUR NAME WARM UP

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

## Dance Task Card – Jail break choreography

### Engage → Warm up

Complete the what's your name warm up in pairs or threes.  
(Students create a short warm up using the letters of their name as exercises)

#### TASK 1

With a partner use the images/idea of breaking free from jail to come up with a short story of 30-50 words



#### TASK 2

With your partner create 4 freeze frames that help to demonstrate your story → imagine you are taking snapshots from different points in the story

#### TASK 3

Task 3 → Now add in a transition between your freeze frames.

You could roll, turn and jump into your next freeze frame

You could slide, run and kick into the next freeze frame

Or you could make up your own transition sequence.

#### TASK 4

Task 4 → rehearse your sequence so that your transitions are quick and smooth and your freeze frame suddenly stop and are held for 4 seconds

### Challenges

Can you add in facial expressions to your freeze frames to demonstrate your story better

Can you add comedy to your freeze frames to create a fun and energetic atmosphere.

## Dance Task Card – Hip Hop Confrontation choreography

### Engage → Warm up

Complete the what's your name warm up in pairs or threes.  
(Students create a short warm up using the letters of their name as exercises)

#### TASK 1

With a partner use the images/idea of confrontation to come up with a short story of 30-50 words



#### TASK 2

With your partner create 4 freeze frames that help to demonstrate your story → imagine you are taking snapshots from different points in the story – **NOTE- YOU MUST NOT USE CONTACT**

#### TASK 3

Task 3 → Now add in a transition between your freeze frames.

You could roll, turn and jump into your next freeze frame

You could slide, run and kick into the next freeze frame

Or you could make up your own transition sequence.

### Challenges

Can you add in facial expressions to your freeze frames to demonstrate your story better

Can you use the style of hip hop to create a sense of confrontation

#### TASK 4

Task 4 → rehearse your sequence so that your transitions are quick and smooth and your freeze frame suddenly stop and are held for 4 seconds

## Dance Task Card – Bollywood Theory

### Definitions

**Symmetrical** If you can draw a line down the centre of something and get two similar halves, it's symmetrical. Something that is the same on both sides of a centre point or axis.

**Asymmetric** Not identical on both sides of a central line

### TASK 1

Using the different Bollywood still images as inspiration, create and draw two pictures in the space below. One of a symmetrical group dance shape

#### Symmetrical



#### Asymmetric



### TASK 2

Research different Indian hand gestures select and draw three hasta mudras. Add a label to each hasta mudra to explain one possible meaning.



### TASK 3

Now return to your original diagrams of the asymmetrical and symmetrical positions and label each dancer with a hand gesture. Make sure you use a



### TASK 4

Finally, design your own intricate henna hand decoration. Draw around your hand and decorate it in an intricate pattern. Use the ideas below to

## Dance Task Card – Just Dance Analyse

### Engage → Warm up

Complete the what's your name warm up in pairs or threes. (Students create a short warm up using the letters of their name as exercises)

#### TASK 1

Dance the following pieces- type in YouTube just dance followed by the song on the list below. 1. In the summer time 2. YMCA 3. Turn up the love

#### TASK 2

- 
- 
- 
- 

#### TASK 3

Watch the 4 pieces again and this time tick when you see the following relationships and space used. Comment on types of actions you see. What relationships, space and actions have been used in the choreography? Tick the relevant ones

Relationships	1 In the Summer time	2 YMCA	3 Turn up the love	4 Waka, Waka	Space	1 In the Summer time	2 YMCA	3 Turn up the love	4 Waka, Waka
Unison					Levels (High, Medium Low)				
Canon					Directions (Side to side, Forward, back)				
Contact					Pathways (Curved, Angular, straight)				
Over					Size Small (close to body) Large(far away from body)				
Under					<b>ACTIONS</b>  E.g arms reach up.				
Around									
Contrasting									
Numerical groupings 2:2 1:1:1:1									

#### TASK 4

Use the Analysis and some of the actions you learnt from the video to create your own just dance routine.

## Dance Task Card – Animal choreography

### Engage → Warm up

Complete the what's your name warm up in pairs or threes.  
(Students create a short warm up using the letters of their name as exercises)

#### TASK 1

In groups of 2 or 3 create 4-6 actions that represent an animal. These actions must not be literal eg. If you were an elephant i would not want to see you waving your arm like a trunk. Think more about the way the animal moves and the size of it. So for an elephant my actions would be heavy and large, the trunk might be represented by sweeping actions and my pathway might be straight.

#### TASK 2

Now think of transitions (linking movements) that can go between each of your actions. Again, think of the way your animal moves, for an elephant you might want to charge with a fast running action and sudden stop. Link all your actions so they flow smoothly from one to the next.

#### TASK 3

Add in 4 moments of contact into your phrase these can be shapes or balances that you create.

#### TASK 4

Select one of the following pathways can repeat 4 actions you have already used making them travel in that pathway.

Circle, arch, diagonal

#### TASK 5

Pair up with another group and tick of what they have completed today give them a mark out of 5

- Creative actions linked to the movement of an animal
- Smooth transitions
- 4 moments of contact
- Repeated movement in a different pathway
- Well-rehearsed and good commitment to performance