



DANCE - DANCE TRAVELS

SESSION OBJECTIVES

- Creativity and freedom of movement
- Encouraging self-expression

SESSION ORGANISATION

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn

WARM UP

- The activity professional/teacher stands at the front, ensuring all children are in a safe space, then leads a warm up to pop music
- Beginning with cardiovascular activity (increasing heart rate), then progressions (head to toe) and finishing with stretches
- Keep the warm up moves age and ability appropriate, make sure they feed into the theme of the main session

MAIN ACTIVITY

- Five 'travels' are demonstrated and practised by the children: Skip, hop, leap, side gallop, jog
- Themes are then introduced (e.g. superheroes, princesses, safari animals)
- Now, when music is played, children move in one of the five travels (by command)
- Then, when the music stops, children perform actions of the theme

WARM UP ADAPTATIONS

- Children of varying abilities can be challenged appropriately
- Children perform stretches on the floor
- Type of music: slower tempo for easier actions, increase for higher intensity
- After the demonstration, children can take turns to lead the different sections

MAIN ACTIVITY ADAPTATIONS

- Increase or decrease the area in which the children travel
- Introduce multiple themes at a time and call out which one to perform
- Shout out two or more themes at once (children's choice)

VISUAL



Demonstrator



Dancers

— → Travels



Theme performance

