

PE Home Learning: Let's Dance Activities

Dancing is a great way to exercise and can also make you feel good!

Practise the different dance moves on the activity cards.

All the dance moves are explained and demonstrated in a video [here](#).

Put some music on and try out the dance moves in time to the music. Each one can be done to a count of eight beats of the music. You could even make up your own dance routine!

Log your physical activity for the week using the Exercise Log.



Activity Card 1

Marching is a basic dance move. You step you feet, one after the other, to a regular beat on the spot. 1,2,3,4!

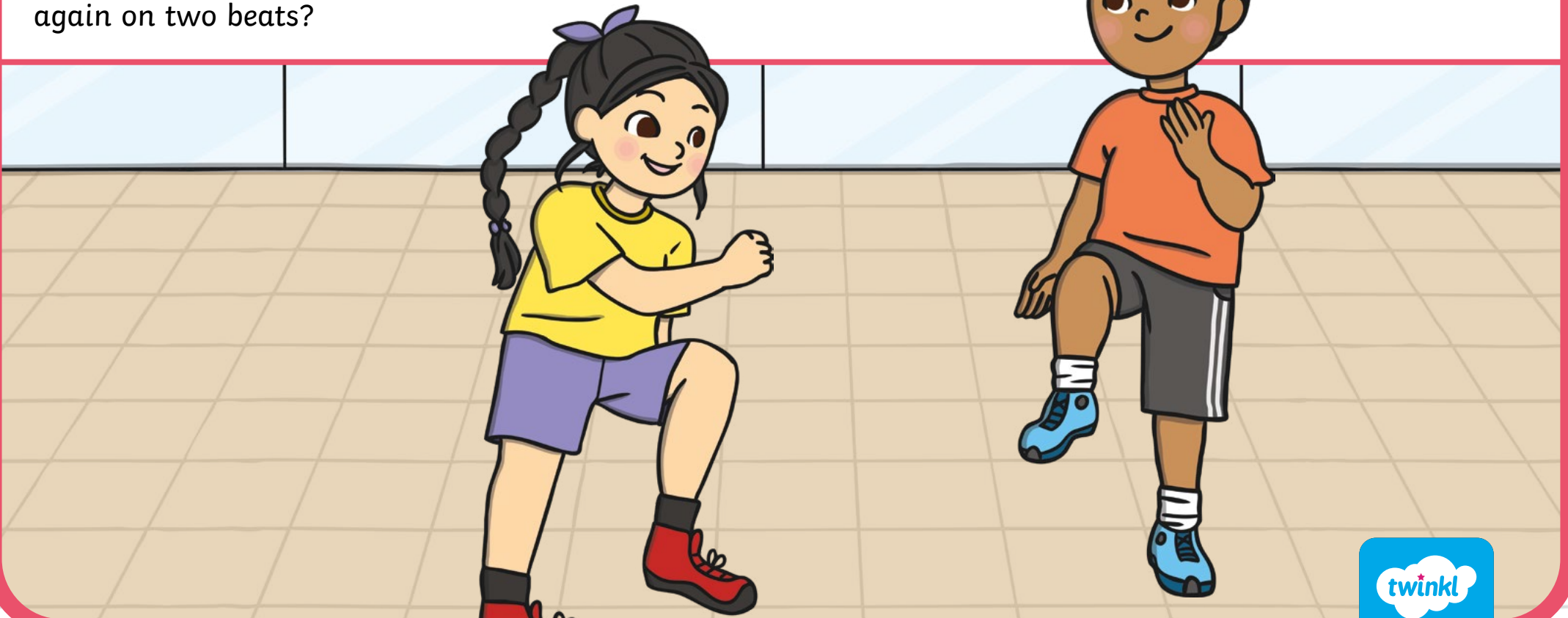
Try marching on the spot.

Swing your arms, opposite arm to opposite leg.

Move your feet further apart and try a wide march.

Can you march your feet out wide on two beats and then back together again on two beats?

Marching



Activity Card 2

Let's try a side-to-side step.

1. Stand with your feet together and your hands on your hips.
2. Step your right foot out and transfer your weight to this foot.
3. Bring your left foot to meet your right foot.
4. Do the same in the opposite direction - step your left foot out and bring your right foot to meet it.
5. Keep doing this! Can you add a little bounce every time you bring your feet together?

Side to Side



Activity Card 3

Skipping is such a happy dance move! Start by skipping anywhere around the space that you are in.

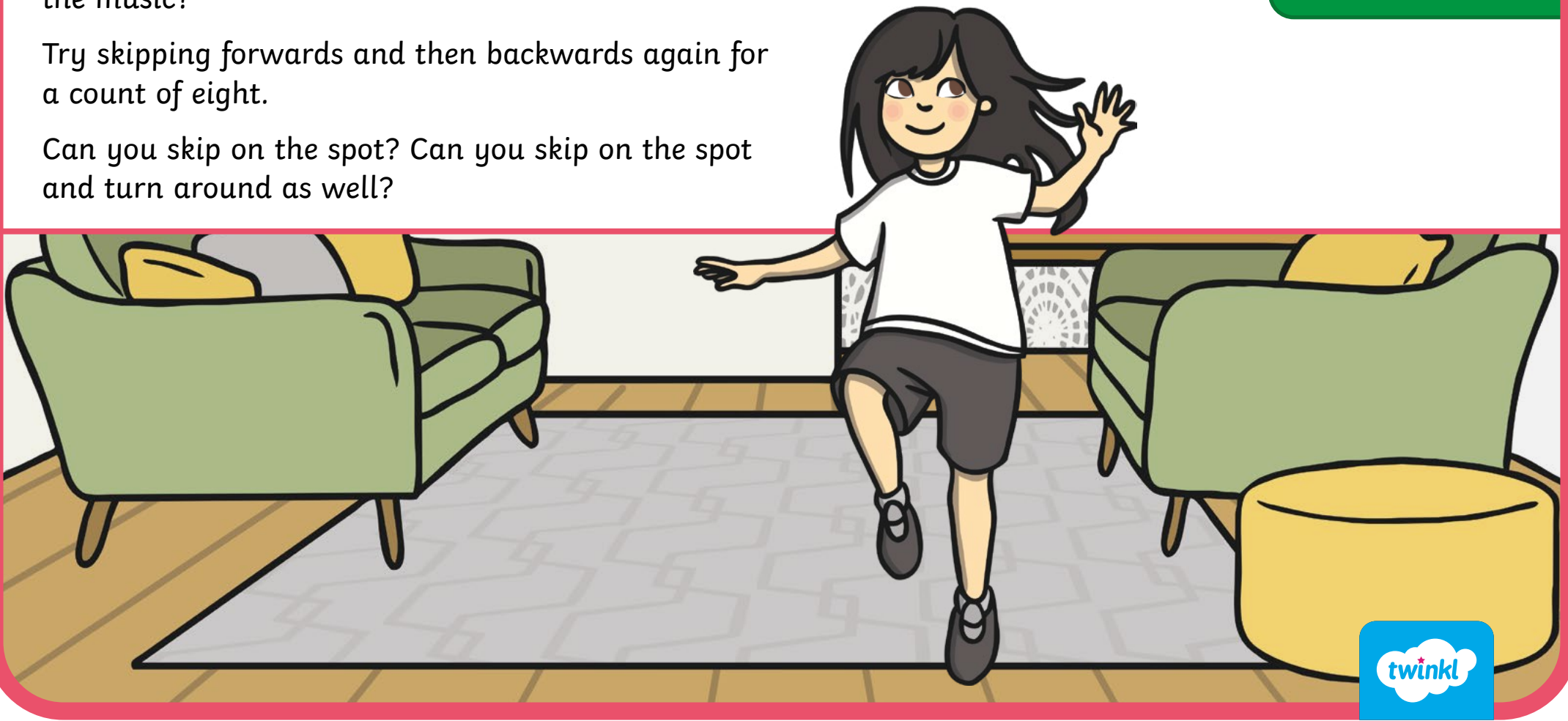
Now, try skipping around in a circle and back to the spot where you started.

Can you do this and get back to your starting point for a count of 8 beats of the music?

Try skipping forwards and then backwards again for a count of eight.

Can you skip on the spot? Can you skip on the spot and turn around as well?

Skipping



Activity Card 4

Stand on the spot with your feet hip-width apart and punch each arm forwards for a count of eight. Try to stay in time with the music.

You can also try punching one or both fists:

- up and down
- to the left or right
- in front of you or twist and punch behind you
- in two different directions at the same time, e.g. one fist up and one to the front

Punching



Activity Card 5

It's time to celebrate your wonderful dance moves by waving to your adoring fans!

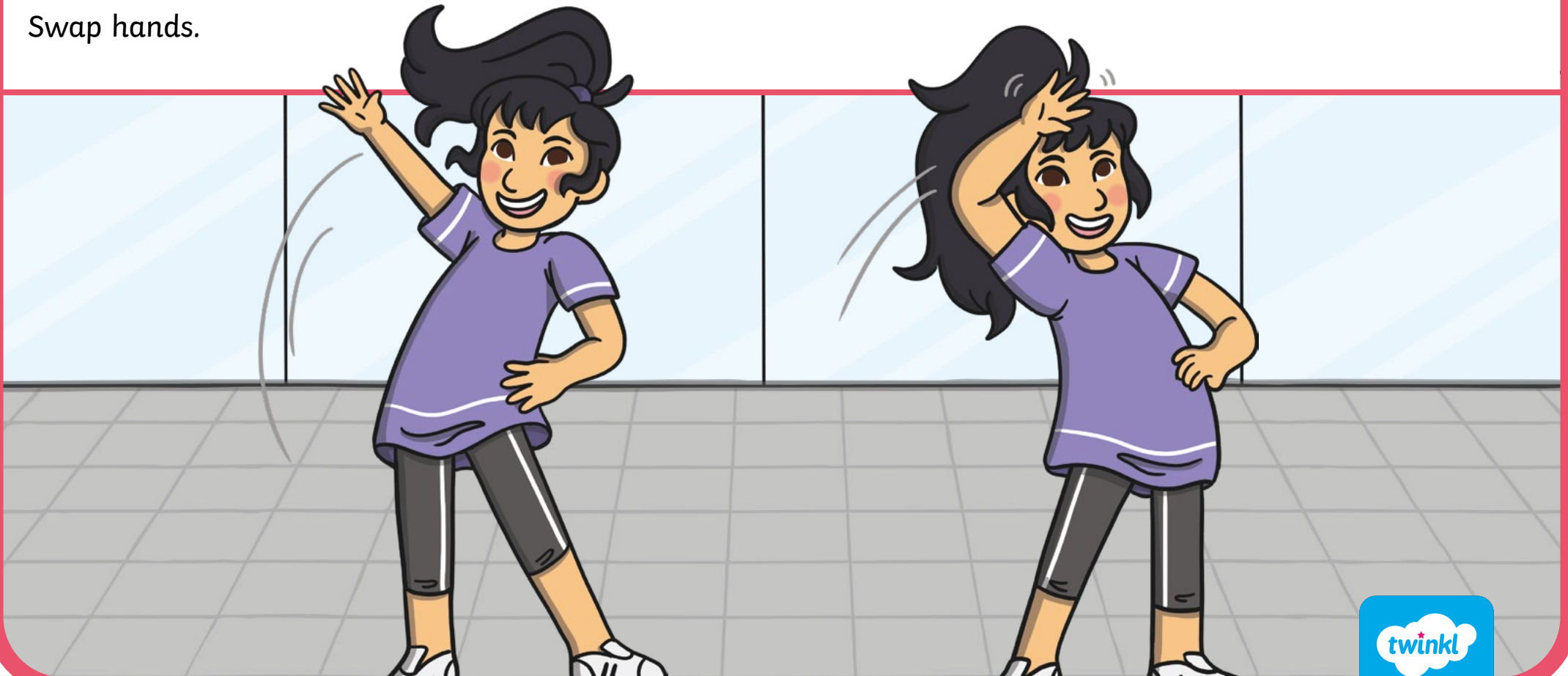
Stand with your feet shoulder-width apart.

Place one hand on your hip and raise your opposite hand in the air.

As you move your hips side-to-side to the music, also wave your hand.

Swap hands.

The Wave



Activity Card 6

It's hand jive time! Try these different hand movements.

The hand slide

- Slide your right hand above your left and your left hand above your right.

Thumb over shoulder – 'The Hitchhiker'

- Point with your right thumb over your right shoulder and then your left thumb over your left shoulder.

Fist bump

- Make fists with each hand. Bump your right fist on top of your left and then your left fist on top of your right.

Hand Jive



Activity Card 7

Jump to the beat! There are all sorts of different jumps you could include in a dance.

Try these:

- straight jump
- half jump or quarter jump
- star jump
- hopscotch

Think carefully about what to do with your arms during these different jumps.

Jumping



Activity Card 8

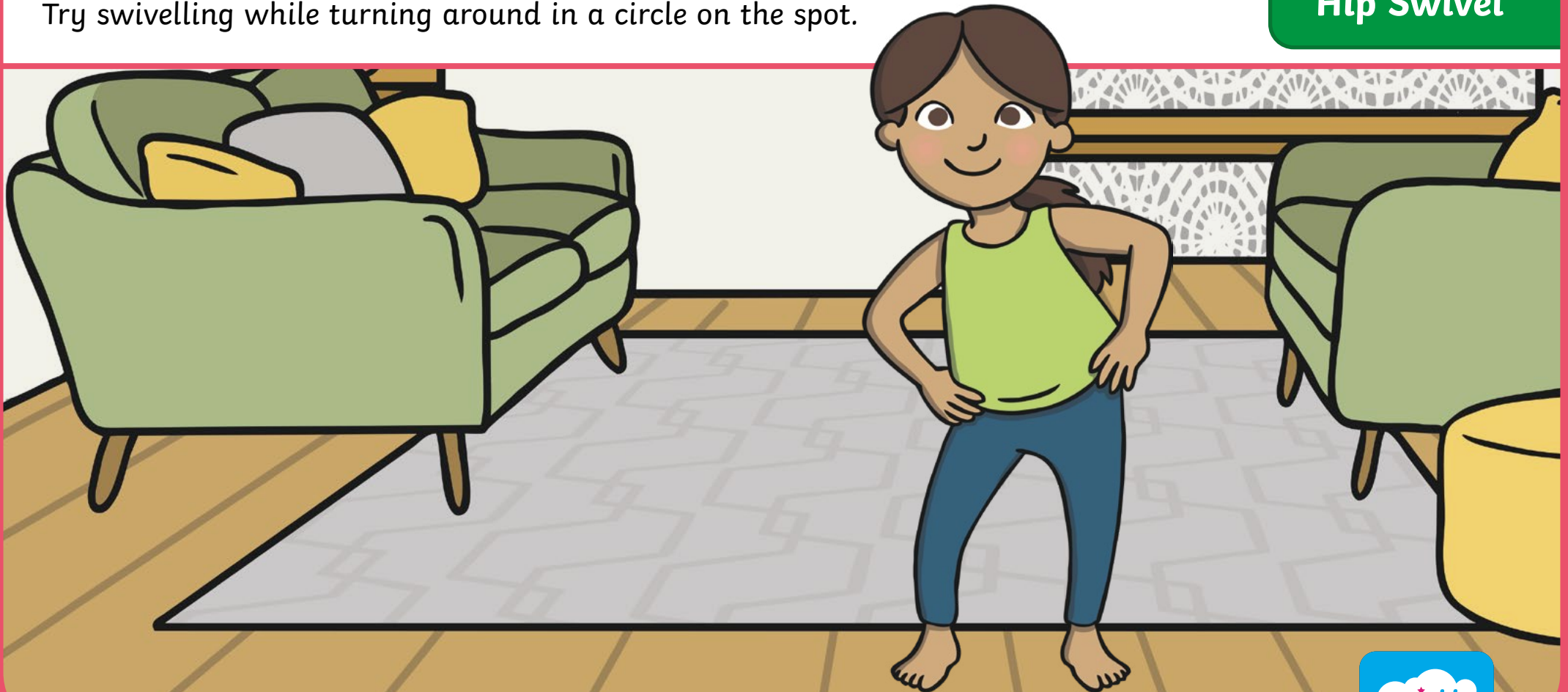
Put your hands on your hips and swivel them round in a circle.

Try going one way and then the other.

Can you swivel down low to the ground?

Try swivelling while turning around in a circle on the spot.

Hip Swivel



Activity Card 9

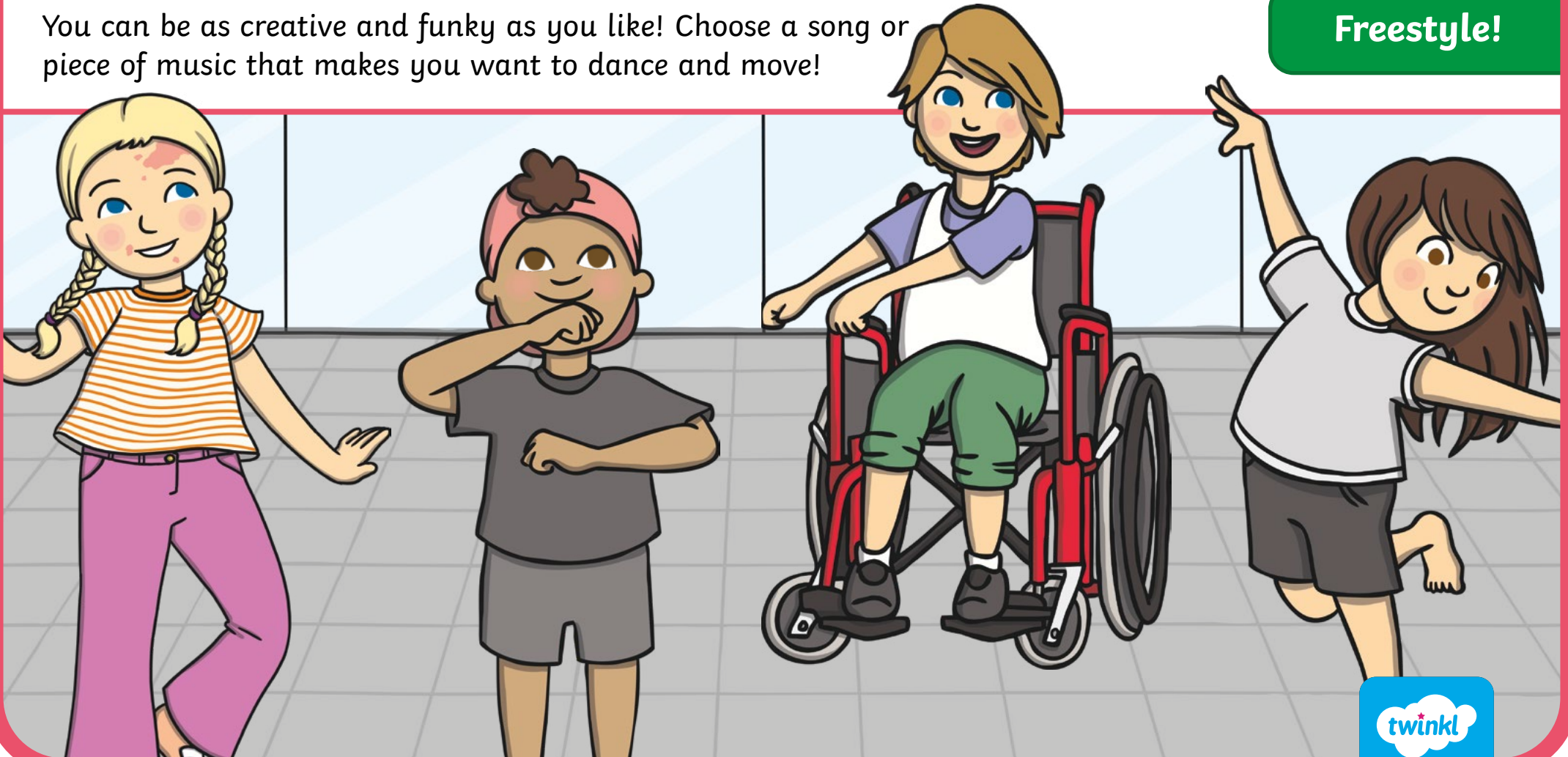
Freestyle! It's time to move it, move it!

Now it's your turn to try or make up your very own dance move.

This is sometimes called freestyle.

You can be as creative and funky as you like! Choose a song or piece of music that makes you want to dance and move!

Freestyle!



Bingo

Marching



Side to Side



Skipping



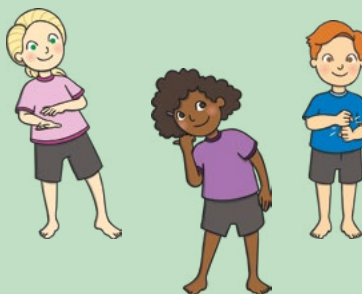
Punching



The Wave



Hand Jive



Jumping



Hipe Swivel



Freestyle!



Practise your dance moves with this game of bingo.

What to do:

- An adult can call out the different dance moves or you can select a dance action by closing your eyes and putting your finger down on the board.
- You could make up a dance sequence by putting a certain number of dance moves together, doing each one for a count of eight beats of the music.
- Refer to the Activity Cards or the [video](#) to find out what you need to do.

Exercise Log

Tick the box when you complete each dance move.

There is also a column to tick if you have done any other exercise each day.

	Marching	Side to Side	Skipping	Punching	The Wave	Hand Jive	Jumping	Hip Swivel	Freestyle!	Bingo	Other
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

My best PE moment of the week was: