



PLANIT
TEACHERS

Dancing Through the Term: Exploring Weekly Routines for 8-Year-Olds

Student Name: _____

Class: _____

Due Date: _____

Introduction to Dance

What is dance?

Dance is a form of expression that uses movement to convey emotions, tell stories, and entertain. It is a universal language that can be understood and appreciated by people of all cultures and ages.

Why is dance important?

Dance is important because it provides a way for people to express themselves, relieve stress, and improve their physical and mental health. It also brings people together, fostering a sense of community and social connection.

Questions:

1. What is your favorite type of dance?
2. Why do you enjoy dancing?
3. What do you think are the benefits of dancing?

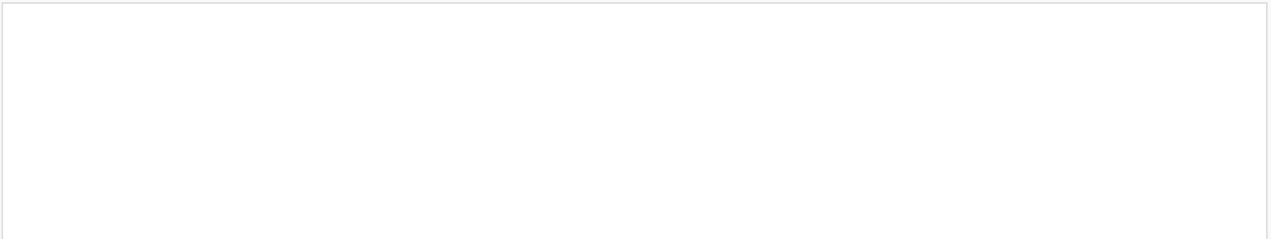
Write about your favorite dance style:

Write a short paragraph about your favorite type of dance. What do you like about it? How does it make you feel?



Draw a picture of your favorite dance move:

Draw a picture of your favorite dance move. Label the different parts of the body and describe how to perform the move.



Practice the weekly routine at home:

Practice the weekly routine at home, using a video recording or written instructions as a guide. Record yourself performing the routine and reflect on what you did well and what you need to improve on.

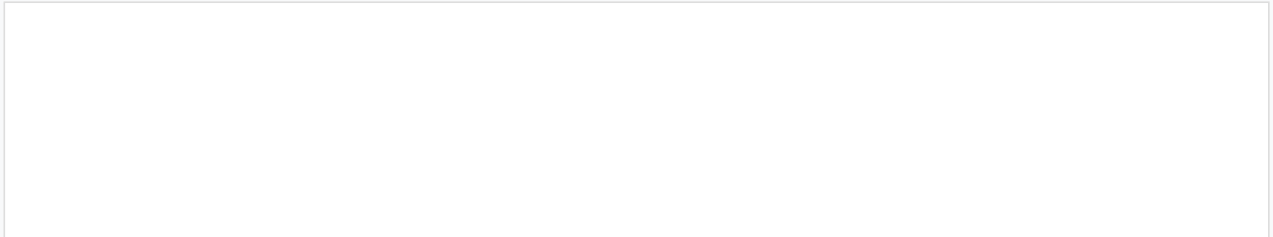
Reflection questions:

1. What did you find challenging about the routine?
2. What did you enjoy about the routine?
3. What do you think you need to work on to improve your performance?

Choreograph a Move

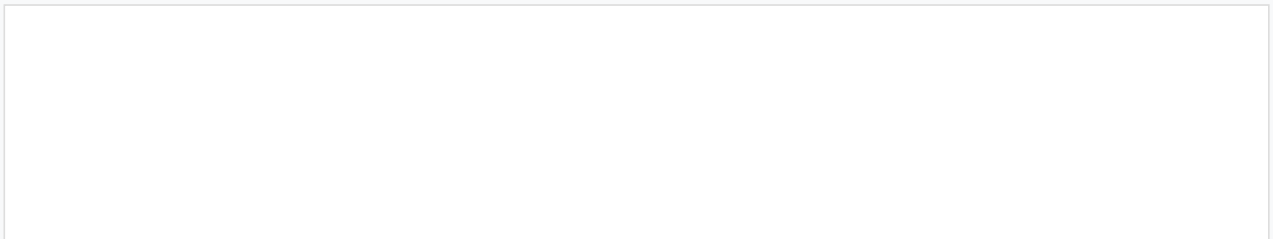
Create and choreograph your own dance move:

Create and choreograph your own dance move, using the techniques and skills learned in class. Write down the steps and draw a diagram to illustrate the move.



Reflection questions:

1. What inspired your dance move?
2. What techniques did you use to create the move?
3. How do you think you can improve the move?



What are some safety considerations for dance?

Some safety considerations for dance include ensuring the dance space is clear of obstacles and hazards, wearing comfortable and suitable clothing and footwear, removing jewelry and loose items that may cause injury, and warming up and cooling down properly to prevent muscle strain and injury.

How can you prevent injuries while dancing?

To prevent injuries while dancing, it is important to listen to your body and take regular breaks, stay hydrated, and avoid pushing yourself too hard. It is also important to seek medical attention if you experience any pain or discomfort while dancing.

Questions:

1. What are some common injuries that can occur while dancing?
2. How can you prevent injuries while dancing?
3. What should you do if you experience an injury while dancing?

Conclusion

What did you learn about dance this term?

Reflect on what you learned about dance this term. What were some of your favorite activities? What did you find challenging?

What was your favorite part of the dance group?

Write about your favorite part of the dance group. What did you enjoy about it? What did you learn from it?

Choose one of the following extension activities:

1. **Dance Research Project:** Research and create a presentation about a specific style of dance.
2. **Choreograph a Routine:** Choreograph a short routine, using a piece of music or a theme as inspiration.
3. **Dance Performance:** Organize a dance performance, where you can showcase your skills and routines.

Volunteer in class to assist with instruction and provide feedback:

Volunteer in class to assist with instruction and provide feedback. This will help you stay informed about your child's progress and provide an opportunity for you to be involved in their learning.

Attend dance performances to show support and provide feedback:

Attend dance performances to show support and provide feedback. This will help your child feel proud of their accomplishments and provide an opportunity for you to see their progress.

In conclusion, the weekly dance group is an excellent way to introduce 8-year-old students to the world of dance:

The weekly dance group provides a fun and engaging way for students to learn about dance, while also promoting physical activity, creativity, and teamwork. By changing the routine each term, students are kept engaged and challenged, allowing them to adapt and grow.

Reflection questions:

1. What strategies were most effective in engaging students and promoting teamwork?
2. How did the changing routine each term impact student motivation and interest?
3. What opportunities were provided for students to take ownership of their learning?

Lesson 1: Dance Performance and Sharing:

Perform the final routine for an audience. This will provide an opportunity for students to showcase their skills and routines, while also promoting confidence and self-esteem.

Lesson 2: Choreography and Dance Making:

Learn about the process of choreographing a dance routine. This will provide an opportunity for students to learn about the creative process and how to express themselves through dance.

Lesson 3: Dance Appreciation and History:

Explore the history and cultural significance of different dance styles. This will provide an opportunity for students to learn about the rich history and diversity of dance, while also promoting cultural awareness and appreciation.