

**Task 1 - LO: To move to music and choreograph my own dance moves.**

Watch this [video](#) and copy all the steps.



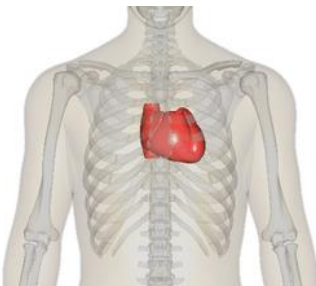
**[Before you start think about your heart rate and how fast it is beating!]**

Think about how you can move your arms in a different way to moves already seen in the video.  
***How can you be original?***

**Could you clap your hands, floss with your arms or maybe moonwalk with your feet!**



**Now you have finished dancing can you place your hand on your heart and feel it beating again. Is it beating faster? Do you feel warmer? Are you sweating?**



**What other dance moves do you know? Show us your best moves! Take pictures or videos to share with your teachers! You can even put them on the school [twitter](#)!**

**Task 2 – To move my whole body to the beat of music.**



Feel your muscles tensing some real exercise!

First of all you must warm up. Take a gentle stroll around the garden taking deep breathes and engaging all your muscles. Take inspiration from [Captain Tom Moore](#) who did all of those laps around the garden to raise money!



## Watch this [video](#) and dance along to the music

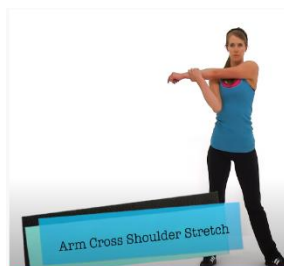
When you march on the spot lift your knees up high and pump your arms. This will work your whole body!



Complete the whole video and get your older siblings to take pictures. Perhaps they could join in with you. Who can complete the whole video? Who will be the champion? Can you think of any other moves you could do to the music?

**Cool down** – it is very important to do this after exercise!

When cooling down keep movements calm and slow – never bounce! Count for 8 seconds for each stretch.



**Task 3 – To use objects and props to aid with exercise.**

**Obstacle course in the garden!** (Or indoors if you don't have a garden)

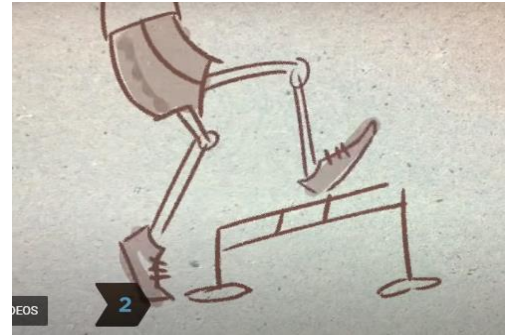
Use some stones in the garden or sticks to resemble cones – you are going to [zig zag through the cones](#).



You must keep your feet tight and close to each other to manoeuvre through the obstacles. Race with your family and time it to see who can do it the fastest.

Next obstacle you are going to jump over small objects or you could use sticks again. Watch [this video](#) for how to jump over hurdles for some tips!

For safety your hurdles need to be low enough to jump over but not too big that you could cause an injury. Remember to keep safe but challenge yourself.



(Use a rope on the grass, tape of the floor, draw a chalk line on the slabs)

You must balance without taking your feet off the line! Stretch your arms out long to help you balance. Focus on a fixed point to help keep you on track. If you lose your footing you must start again and repeat until you can do it without making any mistakes.

For more of a challenge try this [amazing obstacle course](#)! They have some fantastic ideas using just chalk and concrete in an outside space.

**Have fun and get fit! Miss Webster will be doing obstacle courses with her son outside in the sunshine!**