

Foundation PE (Reception) - Dancing

Home Learning Challenge Sheet

At school we are learning to dance well. Please help me at home. The following activities will help us to become good at dancing.

Activities to Support Learning

Dinosaur Freeze

Pretend to be a dinosaur. Play some music and dance with everyone around you. When the music stops, see if you can freeze like a dinosaur. See how many different dinosaur poses you can do.

Fast, Slow, Stop

How might a dinosaur move? Can you stomp like a Triceratops, glide like a Pterodactyl or roar like a Tyrannosaurus? Ask someone to shout out 'fast', 'slow' or 'stop.' Move like a dinosaur, listening out for the instruction - you should then move faster, slower or stop and freeze.

Copy That Move

Ask someone to play this game with you. You should take it in turns to think of a dinosaur move. You should then teach your moves to each other, copying the actions. Can you get the dinosaur moves exactly the same?

Dinosaur Moves

Work with someone to create a list of different ways dinosaurs move e.g. stomp, slide, glide, roar or pounce. When you have about 6 different words, think about a movement for each word. Play some music and shout out the different moves – can you remember the different movements you came up with?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your dance skills!

How to Dance:

1. Can you move in time with the music?
2. Everyone dances differently. You can move however you want to the music, even if it's different to the people around you.
3. Remember to tell everyone how great they are at dancing.
4. Ask for lots of different music to move/dance to.
5. Enjoy dancing/moving with everyone around you.

