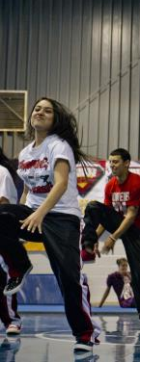






Activity Plan for Creative Movement


Week 1			
Activity	How many or how long	How many days	Instructions
Music march 	1 time/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip . Put on your favourite song and see if you can keep marching for one whole song.
Dance 	15 minutes	Total for the week	Pick out some music that you like and see if you can make up a dance. Dancing is about stretching and sliding and moving different parts of your body to the beat of the music . If you need some ideas about what to do, try watching a dance show on television (like “World of Dance” or “The Next Step”) or a dance video from YouTube (check out: https://www.youtube.com/watch?v=seg8bLgxV1g).

Activity Plan for Creative Movement

Week 2			
Activity	How many or how long	How many days	Instructions
Dance 	20 mins	Total for the week	Pick out some cool music and see how many moves you can make up to put together a dance – this is called “choreography”. See if you can move your arms and legs together to create your own unique dance step.
Music march 	1 times/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip. Put on your favourite music and see if you can keep marching for one whole song. Try moving your arms in different positions while you march.

Activity Plan for Creative Movement

Week 3			
Activity	How many or how long	How many days	Instructions
Music march 	1 time/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip. Put on your favourite music and see if you can keep marching for two whole songs .

Week 4			
Activity	How many or how long	How many days	Instructions
Dance 	30 mins	Total for the week	Pick a song that you really like and make up a new dance that features lots of tapping. You can tap with your toes, your heels or your whole foot. See how many different rhythms you can make by tapping fast or slow, and using different parts of your foot.