






## Activity Plan for Choreographing Dances



Week 1			
Activity	How many or how long	How many days	Instructions
Commercial Dance Challenge 	1 time/day	4 days per week	When you are watching TV or a video, take the commercial dance challenge. During the commercial break, put on your favourite music and see if you can keep dancing for one whole commercial. <b>The challenge is to dance through at least one commercial for every 30 minutes that you are watching TV.</b> If you watch more than one show, to beat the challenge you have to dance through more than one commercial. 😊
Jazz Dance 	30 minutes	Total for the week	Pick out some up-beat music that you like <b>and see if you can make up a jazz dance.</b> Jazz 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 you can look up Jazz dance videos on YouTube.

Week 2			
Activity	How many or how long	How many days	Instructions
Hip Hop Dance 	30 mins	Total for the week	Pick out some cool music and put together a hip hop dance. <b>See how many moves you can make up.</b> If you need ideas for what to do, try watching a hip hop dance video tutorial ( <a href="https://www.howcast.com/guides/994-hip-hop-dance-moves-for-kids/">https://www.howcast.com/guides/994-hip-hop-dance-moves-for-kids/</a> ) or other instructional videos on YouTube.  For inspiration, can also watch Hip Hop classes that have been recorded and uploaded onto YouTube (like those from “Underground Dance”: <a href="https://www.youtube.com/channel/UCTaJQJq5wBZzr3zX5wsnSpg">https://www.youtube.com/channel/UCTaJQJq5wBZzr3zX5wsnSpg</a> ).

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Week 3			
Activity	How many or how long	How many days	Instructions
Batting Dance 	30 mins	Total for week	<p><b>See if you can make up a dance about batting.</b> Can you figure out how to include your batting swing in the dance? Can you hold the bat and use it during your dance? Pick some music that you like and see if you do all different moves using the bat as part of your dance.</p> <p>OR Pick a hip hop song that you really like and <b>make up a hip hop dance that features baseball.</b> Try to make up dance moves that can show off how you hold a baseball bat (hands together) and how you swing a bat. Build those moves into your hip hop routine, together with other moves about baseball (e.g., sliding into the base, running hard, leaping to catch a fly ball).</p>
Basketball dance 	20 mins	Total for the week	<p>See if you can make up a dance based on basketball moves, like dribbling, shooting and scoring. Choose some music you like and see if you can create your own “basketball” dance that includes some of these moves. When you have your dance done, show it to someone else in your family or your friends.</p>

## Activity Plan for Choreographing Dances

Week 4			
Activity	How many or how long	How many days	Instructions
Leap Dance 	30 mins	Total for the week	Pick a song that you really like and make <b>up a new dance that features lots of leaping</b> . Dancers often do running leaps or they put their legs in different shapes in while they are leaping through the air. Try to make up dance moves that show off how you can leap from standing still or from walking or running.
Basketball half-time dance 	20 mins	Total for the week	See if you can make up a dance that the cheerleaders at a basketball game could use to entertain the crowd between quarters. Choose some music you like and see if you can create your own cheerleader dance that would get the basketball crowd jumping in their seats. When you have your dance done, show it to someone else in your family or your friends.