

Foundation PE (Reception) - Let's Dance

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

Musical Faces

Ask an adult to play some music for you. Dance in any style you want, but when they stop the music you should freeze. When you freeze, pull an emotional face e.g. a happy or sad face. Can the adult guess what type of face you are pulling?

Dance Like That

With an adult, think of a range of emotions e.g. happy, sad, angry. Write these emotions on different pieces of paper and turn them face down so you can't see the words. Take it in turns to turn an emotion over (but don't let the other person see it). You should then dance in that emotional style and see if the other person can guess what it is.

Dance Like That

Choose a dance style and perform a few moves in this style, e.g. 'I'm going to dance in a silly way.' The person you are playing the game with should then perform in the same style as you. Who is the best at performing in each style?

Dance Like a...

Play the game with a friend. Take it in turns to say, 'Dance like a ...' You should then think of something to dance like e.g. 'Dance like a monkey.' Your partner should then dance like this! Take it in turns to dance or to think of something to dance like.

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. Everyone dances differently. You can move however you want to the music, even if it's different to the people around you.
2. Remember to smile and have fun.
3. Can you move in time with the music?
4. Ask for lots of different music to move/dance to.
5. Enjoy dancing/moving with everyone around you.

