

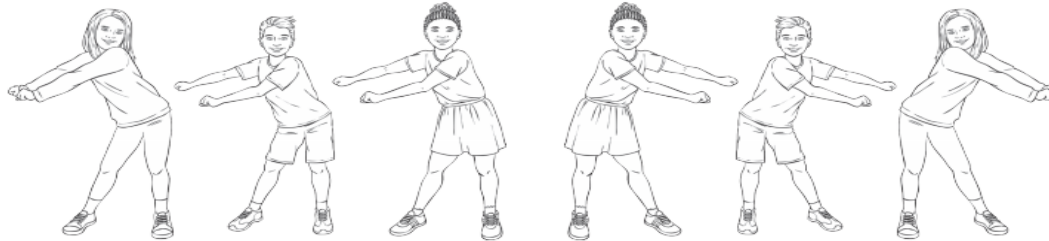
Physical Activity



Did you know?

Dancing has been with us longer than written language, in ancient times this is how they passed stories from generation to generation.

DANCE, DANCE, DANCE!



A great way to get moving is to create your own dance routine. This can be to go along with your favourite song, a catchy tv theme or even without music. Creating steps for a dance is called Choreography. When thinking about your steps, you can be as creative as possible. Think about your steps (forwards, backwards and side to side), how fast you move, making your body bigger or smaller, pauses, jumps, twists, spins and anything you can think of. Once you've perfected your dance, can you teach it to someone else in the house?

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