



Australian Government
Australian Sports Commission



Let's dance!

Players in groups of 4 or 5 work together to devise, briefly practise and then perform a short routine that is made up of movements that may be done together or individually.

What you need

- > Music player and music



What to do

- > Divide the class into small groups.
- > Each group works together to devise and practise a short routine.
- > Routines can include almost anything the players think of, e.g. dance movements (such as pirouettes and grapevine) or gymnastics/martial arts movements (such as balances, kicks, star jumps, forward rolls etc).
- > Groups may then perform routines in front of the class.



Change It

- > Specify the movements the group must use and they pick the order they are performed in.

Safety

- > Make sure there is enough space between players and groups.
- > Check that movements are suited to player movement capacity.
- > Start off slowly, then gradually increase the pace.

Ask the players

- > How can you make sure everyone is included?
- > What types of movements can you include in your routine?

LESSON LINK:

Let's dance! is a fun activity that introduces to the class the concept of stringing various movements together to come up with a routine. It also provides players with the confidence to perform in front of small groups.

