

International Dance Day



What is International Dance Day?

International Dance Day is held on the 29th of April each year. In 1982 the Dance Committee of ITI founded International Dance Day to be celebrated every year on the 29th April, the birthday of Jean-Georges Noverre who was the creator of modern ballet. International Dance Day aims to raise awareness of dance across the world, bridging cultural, political and language barriers by bringing people together through dance.

Whether you love ballet, street dance or the floss, today is the perfect opportunity to show off your moves.

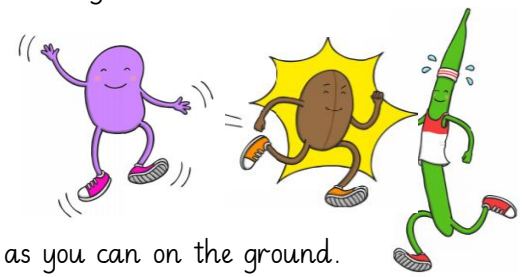
Here are some fun activities to celebrate International Dance Day. We would love you to share your learning and dances with us either by email or on our school twitter @EllisonPriamry

☺ **Enjoy!**

Beans Warm up

Tell the children that they are going to be beans. Explain that they will need to listen to which type of bean they will be and then move like that bean. Choose from:

1 Runner bean- run on the spot
2 Jumping bean- moving jump
3 Coffee bean- fast running
4 Jelly bean- shake like a jelly
5 Baked bean- curl up as small as you can on the ground.



Dancing science



1 Carefully, pour some still water into one plastic cup.
2 Gently, drop a raisin into the water. What do you predict will happen?
3 Next, pour some fizzy water into the other plastic cup.
4 Gently drop a raisin into the fizzy water. What do you predict will happen? Did it sink or float?
5 Discuss or record your experiment and results. What was the difference? Why do you think this happened?

Choreograph a Dance

Choreography is making up and putting together steps for a dance.

The first thing to do is decide on your style of dance. The type of steps you choose will depend on this. There are lots of different types of dance style; ballet, modern, tap, ballroom, jazz and hip hop are examples although there are many more.

Next you need to choose your music. Try to choose a piece that suits your style of dance. You could use the internet to find out dance steps that belong to your chosen style. You could research different styles online and watch video clips of dancers.

Then it is time to plan and perform your own dance. Why not do a show for someone at home.

Remember to think about:

- Traveling
- Making a shape
- Being still
- Jumping
- Turning
- Time
- Flow



Struggling? Use this sheet to help you.

Just Dance

Just Dance is a video game, however there are also video clips on YouTube to dance along to, here are some we love:

- Waka Waka
- Timber
- Happy
- I'm Still Standing
- Don't Stop Me Now



Dance with Oti

Oti Mabuse has a number of dance videos for children on her YouTube page. The classes are saved onto her YouTube page after the livestream at 11:30 so there are many for you to choose from. She also has dances for grown ups so the whole family can join in. Click Here.

Go Noodle

Go Noodle have some very imaginative, funny and catchy guided dances, guaranteed to put a spring in your step.
Full playlist here.



Story dancing

Pick your favourite story and add your own dance movements. Someone could read the story to you whilst you perform, you could read the story and perform at the same time or you could even write your own story and perform to it. Try to think about using different body shapes, levels and speed to reflect the story.

BBC School Radio



School Radio offers three co-ordinated series that provide a comprehensive Dance resources for KS1 and KS2. Each of the series provides opportunities to respond to a range of stimuli including specially-composed music, stories and poetry.
https://www.bbc.co.uk/programmes/articles/2xgXhhwf2jBWsdtF3vDkx36/primary-dance

Make your own music

Can you make your own musical instrument? You can then create some of your own music to dance to. You might want to make a shaker, a drum, a guitar or something else of your own choice. You could plan and draw your design first. You could use Kitchen roll Elastic bands of different thicknesses, plastic or paper cups, boxes of different size, lentils or other dried beans and tissue paper.
Remember you can think of your own ideas too.





Giraffes can't Dance

This popular book by Giles Andreae tells the story of Gerald the giraffe. He wants to go to the Jungle Dance but everybody knows that giraffes can't dance... or can they?
https://www.teachingideas.co.uk/library/books/giraffes-cant-dance
On this link there is a video clips showing the narrated story. There are also some great activities that link to the story. You could make up your own Giraffe dance.



Research

Why not research a famous dancer or style of dance and record your findings in a fun way. You could create a fact file, a poster or even some art work.
You could research ballet, ballroom, breakdancing, contemporary, country-western, hip-hop, jazz, Latin, modern, postmodern, swing or tap.

DJ Ellison



DJ Ellison has created another playlist on Spotify for you to enjoy and dance along to. In this playlist we cover lots of different dance genres, from Jazz to Salsa, Latin to County. See if you can recognise each genre.
CLICK HERE FOR THE PLAYLIST.