Dance Activity

What will you need?

Paper, pen, dice and music of your choice!

What will you need to do?

Write 1 to 6 on your paper

Choose one dance action for each number. Here is an example:

* + 1 – Jump
	+ 2 – Turn
	+ 3 – Balance
	+ 4 – Crouch
	+ 5 – Roll
	+ 6 – March

Roll the dice 10 times. Record the numbers/dance actions.

Your dance is ready!

Can you add on any other dance actions?

Can you repeat your dance?

Can you work on your performance skills? (Smile, look at the audience, perform with energy)