

Dance: Toys

Here are some tips to make your lessons run more smoothly...

PE Kit

Children should be in bare feet, trainers or plimsolls. They need to wear clothes that allow movement e.g. leggings, shorts or tracksuit trousers and no jewellery. Make sure you are dressed correctly for PE too!

Finding a Space

This can be tricky. Ask them to stretch out their arms and make sure they can't touch anyone else.

Dance is Fun

It can also get very noisy! Ask children to show you with their bodies instead of their voices.

Running Round in Circles

Many children like to zoom around doing laps of the hall when asked to run about. This can be dangerous. Ask them to run in a zigzag pattern, winding in and out of each other. They need to look out so that they do not bump. Point out children who are doing this well.

Children Learn Well from Demonstrations

Let them show the rest of the class good ideas and technique. This can really encourage them to try their best. Make sure you demonstrate movements too, as well as giving oral instructions.

Good Techniques

Curling: Lying on the side or on sitting bones; heads tucked in; knees under chin; elbows in.

Stretching: Slow movements; stretch through to fingers and or toes; hold; breathe.

Travelling on tiptoes: Use the balls of the feet.

Jumping: Land on the balls of the feet and roll back onto the heels, bend the knees.

Personal space: The space they can reach into when standing still.