

Max's Dance Moves Challenge

Learning objective: To understand and sequence simple dance movements to create a short routine.

Max the monkey is making a dance routine! He needs help putting his moves in the right order. Look at the moves below. Number them 1 to 5 to show the order of a dance. Then, use the sentence starters to describe what you are doing in your own dance.

Word bank: stretch · jump · spin · balance · clap

1. Put these moves in order (1-5): [] Jump high, [] Spin around, [] Stretch arms, [] Balance on one leg, [] Clap your hands. (2 marks)

2. First, I will _____ my arms to warm up. (1 mark)

3. Next, I will _____ to the music. (1 mark)

4. To finish my dance, I will _____ my hands. (1 mark)

Draw: Draw a picture of yourself performing your favourite dance move. Make sure you are wearing your PE kit!



Extension challenge: Can you add a 'freeze' move at the end of your dance? Explain why it is important to hold your balance still.