

## Dance with Zara: Move and Groove!

Get ready to move! Follow Zara the Zebra's top tips to become a brilliant dancer.

- **Rhythm is the pattern of beats in the music. Listen carefully to the drum or melody to help you keep time.**
- **Balance means staying steady on your feet. Keep your tummy muscles tight and look at a fixed spot to help you stay still.**
- **A sequence is a group of dance moves put together in a special order. Try to link your moves so they flow like water.**
- **Your posture is how you hold your body. Stand tall with your head held high to show confidence in your dance.**
- **Use your face to show the mood of the music. Are you dancing to something happy, spooky, or fast?**

*Did you know? Did you know? Dancing is a fantastic way to keep your heart healthy and strong! When you move to music, your body releases happy chemicals that help you feel energised and positive.*

**Key vocabulary: Rhythm · Balance · Sequence · Coordination · Posture · Expression**