

Max's Marvelous Dance Quiz

Learning objective: To identify key elements of dance including rhythm, posture, and coordination.

Hello! I am Max the monkey. I love to move and groove to music. Read each question carefully. Use the word bank if you get stuck. You can do it!

Answer Key: 1. A, 2. True, 3. False, 4. Rhythm, 5. C, 6. True, 7. B, 8. False, 9. Posture, 10. True.

Word bank: Rhythm · Posture · Balance · Tempo · Coordination

1. 1. What do we call the steady beat in a piece of music? A) Rhythm* B) Colour C) Silence D) Sleeping (1 mark)

2. 2. True or False: You should stand tall with good posture when you dance. (1 mark)

3. 3. True or False: Dance is always done sitting down perfectly still. (1 mark)

4. 4. What is it called when you move your body in time with the music's beat? (Hint: See word bank) (1 mark)

5. 5. Which word means how fast or slow the music is? A) Jump B) Loud C) Tempo* D) Food (1 mark)

6. 6. True or False: Using your arms and legs together is called coordination. (1 mark)

7. 7. What helps you stay upright without falling over? A) Eating B) Balance* C) Sleeping D) Reading (1 mark)

8. 8. True or False: You cannot dance with a partner. (1 mark)

9. 9. If you hold your head up high and pull your shoulders back, you have good _____. (1 mark)

10. 10. True or False: Dance is a great way to exercise and have fun. (1 mark)

Draw: Draw yourself doing your favourite dance move. Make sure you are standing tall!



Extension challenge: Max wants to buy some dance shoes that cost £12. If he has a £20 note, how much change will he get? Show your working out.