

My Dance Sequence Planner

Learning objective: To create and describe a sequence of movements for a dance performance.

Max the monkey loves to solve puzzles with movement! Use this sheet to plan your dance routine. Think about how your body moves and the speed of your actions. Fill in the boxes below to describe your steps.

Word bank: jump · slide · spin · slow · fast · stretch · balance · reach · graceful · sharp

1. Start: Describe how you will begin your dance. Think about your starting shape. (2 marks)

2. Middle: What three movements will you do in the middle? Use words from the bank. (3 marks)

3. Speed: Will your movements be fast or slow? Why did you choose this speed? (2 marks)

4. End: How will you finish your dance? Describe your final pose. (2 marks)

Extension challenge: Practise your sequence three times. Can you make your movements sharper or smoother the second time?