

Moving with Zara the Zebra

Learning objective: To learn how to use body parts, levels, and speed to create a dance sequence.

Follow the steps below to think about your dance. Use the word bank to help you answer each question.

Word bank: Low · High · Fast · Slow · Twist · Stretch · Balance

1. Zara the Zebra wants to show a 'high' movement and a 'low' movement. Describe one way you can make your body look 'high'. (2 marks)

2. If you want to dance like a falling leaf, should you move 'fast' or 'slow'? Explain why. (2 marks)

3. Name one part of your body you can 'stretch' to make a long shape in your dance. (1 mark)

4. How can you show a 'twist' movement using your arms or your body? (2 marks)

5. Why is it important to 'balance' carefully when you are dancing? (2 marks)

Draw: Draw a picture of yourself performing a dance move. Label your drawing with one word from the word bank to show if you are high, low, fast, or slow.



Extension challenge: Try to link three movements together to make a short dance routine. Can you perform it for a partner?