

Our P.E. topic this half-term is dance. Each week there will be a warm-up video to get our heart rate raised, followed by a dance video teaching you some dance steps. Feel free to use other dance websites, apps or videos to challenge yourself or improve and vary your dance skills!

If you really want to be creative and go 100% all in, the outcome in school was going to be to perform group dances to the music 'Sail by AWOLNATION'. You could create your own dance routine using some of the steps on the video each P.E. lesson, and other steps you could magpie from other sources, to share when back in school.

We would love to see any photos and videos of what you come up with!

Today's warm-up is another 5 minute session from Benjamin Allen – you can do this more than once if you wish. You could also magpie some of his moves for your final dance routine. As your warming up, try to think of techniques Benjamin is using to engage you, for example: levels, direction, gestures. Keep an eye out for that 8-beat!

Benjamin's Youtube video link: <https://www.youtube.com/watch?v=z7tbdF6lSK0>

After you've warmed up, here is Mihran's video for you to learn three new dance steps today.

3 Simple Dance Moves for Beginners - Part 2 (Hip Hop Dance Moves Tutorial)
Mihran Kirakosian: <https://www.youtube.com/watch?v=Nm-2XSQc2q0&t=31s>

Extension: use 'Sail' by AWOLNATION to create your own dance in beats of 8.