

get dancing at home



The real beauty of dance is that there's no need to leave the house. So it's perfect for rainy days or when mum and dad are really busy.

Zoo Guess Who

For 2 people or more,

A game based on the idea of charades with movements of zoo animals.

Take it in turns to move like an animal while the others guess what they are:

- Snake – slither on the floor
- Rabbit – quick, small jumps with hands on the floor
- Kangaroo – big bounces where you try to hit your bottom with your feet
- Lion – prowl with the largest steps you can take
- Cheetah – run on the spot as fast as you can
- Tiger – stretch and arch your back

Put on some music and get them to join the moves together to make a great animal dance or carnival.

Funky Leader

For 2 people, under 7s with an adult

Put on some music with a good beat.

Clap your hands then high-5 each other in rhythm with the music.

The 'Funky Leader' has to try and trick their partner by doing high-5s up, to the side, down low. Anywhere the partner has to work hard to reach.

When the partner has reached 3 high-5s successfully it's time to swap roles.

Your Dance Space

For more than 2 people

With some friends make up a new move or dance step each. Then meet up and put them together to make a new dance.

Give it a name of your own and show it off at a home disco.

Heart Beat Hop

For 2 people, under 7s with an adult

For this you need a caller and a dancer.

Put on some fast music. The caller calls out the number 1 or 2 in rhythm to the music:

1 – dancer has to dance to the music on two feet, making patterns and so on

or

2 – dancer has to hop in patterns.

The caller changes between 1 and 2 as often as they like.

If the caller shouts 3 it is the end of the game and the dancer has to make a pose with three parts of their body on the floor.

The caller has to take up the pose, and the dancer gets to call the numbers.

Dance Challenge

For more than 2 people, adult help required

Set up a 'talent show' evening at home.

Give the children challenges – for instance, the dance has to feature 4 different jumps or you have to start by running in a circle and so on.

Make sure you have a variety of music with a good beat.

Stop and go, musical statues

For 2 people or more

Make sure the music has a good beat, and let the children have a go at stopping the music too.

Safety: Make sure the room is clear of objects with sharp edges or things children can trip over. A little warm up is important, before any stretches begin, to avoid the risk of pulling a muscle or feeling sore afterwards. Try a few jumps and shakes of the body, tensing and releasing muscles, in time to the music.

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Eat well Move more Live longer