



Bear's Perfect Dance



Bear loves to dance, he practises all day long. But one thing bothers Bear – he's always dancing by himself – and some dances are better with two . . . Will he ever find a perfect dance partner?

'Bear's Perfect Dance' is all about the joy dancing can bring. We know dancing can improve our physical health, our coordination, balance and strength but it can also bring so many non-physical benefits from boosting confidence, improving social skills - like teamwork and empathy as well as enhancing memory and concentration through learning choreography. And of course, it is such a fun way for children to be creative and express themselves!

Experimenting With Dance

There are lots of different ways you can explore dance with your friends or classmates. Why not try one of the ideas below:

- **Animal dancing:** can you move/dance like different animals?
- **Scarf or ribbon dancing:** you can use scarves or ribbons to express yourself and enhance your movements.
- **Dance storytelling:** act out your favourite story through dance.
- **Different kinds of dance:** use examples of different kinds of dancing to inspire children. They will love imitating what they see and hear. You can encourage them by joining in alongside them!

The Perfect Dance Partner

Bear designs a poster to find his perfect dance partner and invites people to audition for the role.

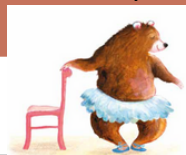


Design your own poster for your perfect partner. You could use the template below.

Design your own dance costume

When Bear dances he likes to put on, 'his favourite tutu and his best ballet pumps.'

What outfit would you like to dance in? Design a costume for yourself; think about the colours and the details you would like to add. (You can use the template below.)



Choreographing

Dance is all about moving our bodies to a musical rhythm. There are many different types of dance. In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.

Why not put on one of your favourite songs and try moving and dancing to it. Use the table to help you think about some of the elements you could include...

Skill	Description	Notes
Travelling	To move from one place to another place.	• Think of the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding.
Actions	Body movements in time with the music.	• Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning.
Facial Expression	To use your face to show ideas and emotions.	• Use facial expressions to show different ideas, e.g. animals, people, etc. • Show emotions, e.g. happy, sad, angry, disappointed.
Balancing	To hold a body position with control.	• Consider each part of your body and the shapes you create. • Hold moves for at least 5 seconds.
Making Sequences	To put actions together.	• Consider how actions look together.



WANTED

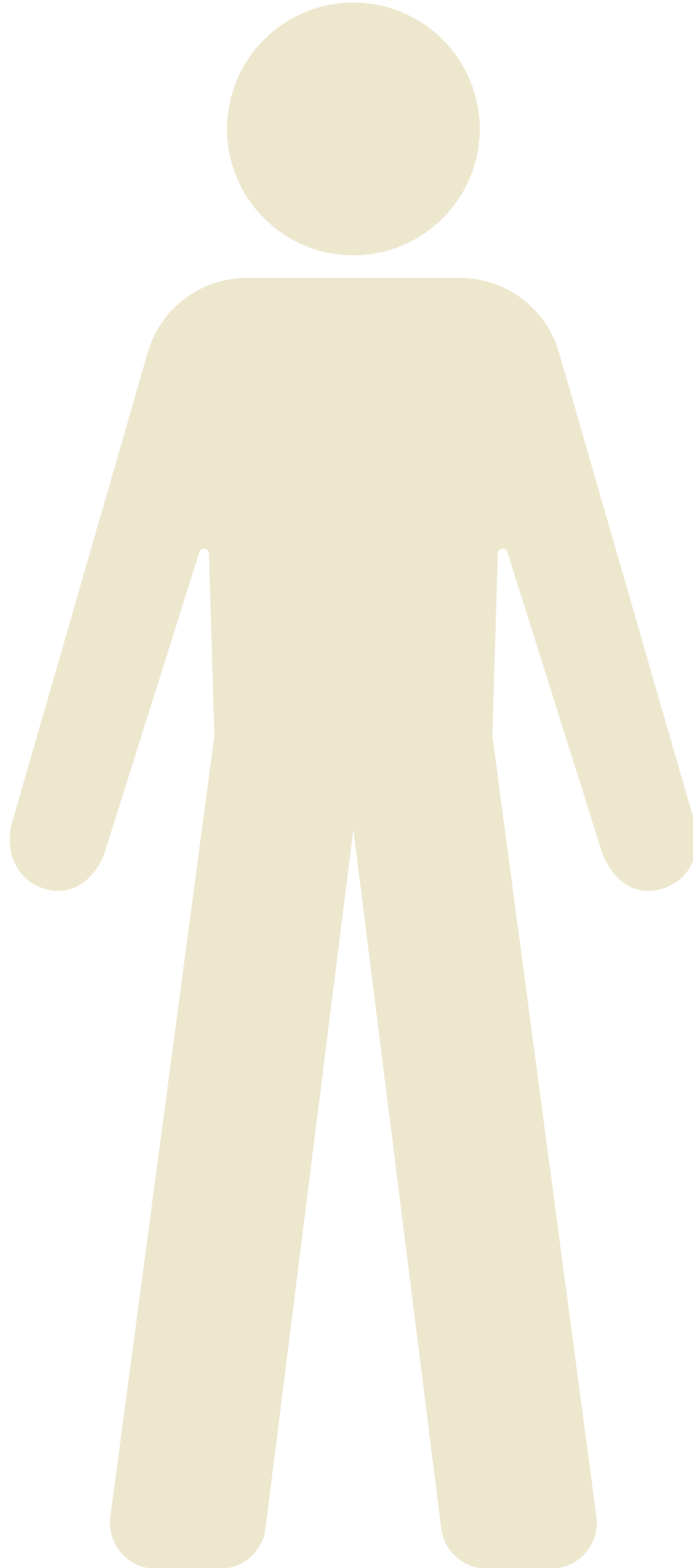


**AUDITIONS
TOMORROW**



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Jenny Guest is an independent educational consultant and writer alongside her role as an Assistant Headteacher in a large London primary school. She has been a primary school teacher for ages 3-11. Jenny is also an avid reader of children's literature and runs @bookishwaytoplay on Instagram, which aims to showcase and review the very best children's books, as well as create accompanying supportive learning activities for toddlers, preschool and primary school age children.

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