

*In P.E. this half term we will be doing Dance.*

*This week we would like you to select a piece of music of your choice. Listen to the music and in particular listen for the beat. When trying to listen for a beat, make sure you give the piece of music all of your attention.*

*Play the music again and standing still start to clap in time with the music.*

*Whilst still clapping start to move your feet in time with the music by marching on the spot.*

*Now start to walk around the room by clapping and walking in time with the music.*

*Begin to add new movements like heel flicks, side steps, knees up, spins and turns but remember to keep listening to the music and try and stay in time with it. Keep practising and as always we would love to see your work on Seesaw.*



*Heel flick.*