

# Dance at Birchwood



The Dance department are very excited to welcome you to **Birchwood**. We have lots of exciting and fun packed Dance clubs, trips, competitions, festivals and musicals waiting for you to be involved in.

To get you started why not try some of the activities from our Dance Challenge Board. You may also like to try out our Young Choreographer Competition this year.

## ACTIVITY 1: Dance Challenge Board

<b>Challenge 1</b> Next time you go for a walk find a sunny place and take a photo doing your best Yoga pose.	<b>Challenge 2</b> Video call a friend and perform the floss together.	<b>Challenge 3</b> Summer Splits! Take a photo of you doing the splits in a place that represents summer.
<b>Challenge 4</b> Get your whole family involved and create the biggest human pyramid that you can.	<b>Challenge 5</b> Write each letter of your name with a different body part. Put this together in a sequence.	<b>Challenge 6</b> Create a Dance video that claps and supports our NHS and Key workers.
<b>Challenge 7</b> Google headstands for charity and try out one of the very challenging positions!	<b>Challenge 8</b> Find an interesting place in your house and get into the most flexible pose you can think of.	<b>Challenge 9</b> Take a photo of you in a creative balance whilst balancing a strange object on yourself.
<b>Challenge 10</b> Perform your most creative jump whilst holding a sign that says I LOVE DANCE.	<b>Challenge 11</b> Google 'Dance Lifts' and see if you can recreate one with people in your household.	<b>Challenge 12</b> Perform your best set of Jazz hands wearing sunglasses.

## ACTIVITY 2: Choreography Competition

The theme this year for our choreography competition is the title

'Once Upon A Time...'

- You need to create a solo or group dance with members of your household based on the title **'Once upon a time'**. For example, this might be a fairy-tale with a plot twist, a story about something that has happened in our world sometime in the past, a famous quote/picture/poem that starts with the title. It can be anything you want it to be as long as it has some relevance to the title. The more creative the better!
- All performances should be between 2-3 minutes long.
- All performances must be filmed with suitable music.
- All performances must be filmed with a suitable costume.

GOOD LUCK 😊