

How to use your A&MSSP Dance Videos:

- Our Dance Teacher, Jane Douglass, has choreographed 3 dances for your pupils, broken down into smaller segments to learn and enjoy putting them all together at the end for a performance – remotely or social distancing compliant in school!
 - **KS1** – Charleston based – “Dance with me tonight” by Olly Murs
 - **KS2** – Charleston based – “Hold my hand” by Jess Glynne
 - **Y5/6** – Street Dance based – “Dance monkey” by Tones and i
- All hosted on Vimeo (links below) and password protected (see info below)
- Recommend using them as you would a lesson – (either weekly or over the course of a whole week) – **or** setting as a homework / home study activity
- You should be able to return to them at a later date, and use as a resource to add to if you wish, and/or spark new ideas.
- We hope to be in touch in the future to suggest a fixed date when we maybe all try to perform the dances at the same time – *a VIRTUAL DANCE PERFORMANCE CELEBRATION of the END OF THE UNUSUAL 2019/20 Academic Year – Watch this space.....*

Enjoy dancing and moving!!

Key Stage 1 – Charleston based – track = Dance with me tonight – Olly Murs

There are three videos

- Video 1 – Warm-up, teaching of steps, Cool down
- Video 2 – Warm-up, teaching of steps, recap of video 1, Cool down
- Video 3 - Warm-up, teaching and consolidation of steps - Final dance to be played over to dance along to

They are **approximately 20 minutes each**.

(You can add your own warm-up games and tasks to lengthen the lessons / sessions)

You can use either of video 1 or 2 cool downs to finish video 3.

KS1 part 1 <https://vimeo.com/430110804>

KS1 part 2 <https://vimeo.com/430122371>

KS1 part 3 <https://vimeo.com/430129921>

Password: JDFDks1

Key Stage 2 – Charleston based – track = Hold My Hand – Jess Glynne

There are 3 videos. This is a simple dance to suit all children.

- Video 1 – Warm-up, teaching of steps, Cool down
- Video 2 – Warm-up, teaching of steps, recap of video 1, Cool down

- Video 3 - Warm-up, teaching and consolidation of steps - final dance to be played over to dance along to – cool down

They are **approximately 20 minutes each**.

(You can add your own warm-up games and tasks to increase length of lesson / session. There are task suggestions on video 3. To make it harder – find a faster track, or add more steps. You could Access You Tube to find photos of people from the 1920's, find additional Dance Moves. Create your own dances and find different pieces of music that work. These will all lengthen the lessons)

KS2 part 1 <https://vimeo.com/430314113>

KS2 part 2 <https://vimeo.com/430329867>

KS2 part 3 <https://vimeo.com/430345250>

Password: JDFDks2

Y5 & Y6 – Street Dance Style – Track = Dance Monkey by Tones and i

There are 3 videos – we suggest these for Y5 & Y6 as the level and content is harder. Keen dancers or children in younger years could access this video too.

- Video 1 – Warm-up, teaching of steps, Cool down
- Video 2 – Teaching of steps, recap of video 1 combined with new steps, Cool down
- Video 3 - Teaching of steps and consolidation of dance - final dance to be played over to dance along to – Cool down

These are slightly longer videos. They are **approximately 25 minutes long**.

(You can add your own warm-up games and tasks to lengthen the lessons. Suggested task for video 3: body and arm wave variations (tutorial videos on JDFD Youtube for guidance))

The warm up from video 1 can be used as a warm up for video 2 and 3.

Yr 5 and 6 part 1 <https://vimeo.com/430478862>

Yr 5 and 6 part 2 <https://vimeo.com/430500801>

Yr 5 and 6 part 3 <https://vimeo.com/430508814>

Password: JDFDyr56
