



arts connect

Dance Steps

Give each child 4 pieces of paper, each a different colour & some means of temporarily attaching them safely to the floor (e.g. gaffa tape).

Ask the children to all arrange them in an identical pattern – e.g. red in front, blue to the right, yellow behind & green to the left. Space them so that the child has space to stand in the centre – but could immediately step onto any of the coloured paper.

With younger children you may need to give them a minute or so to simply enjoy jumping from one to another.

Teach the children a simple, memorable sequence, such as ~

Right foot to red – then blue, then centre

Left foot to red, then green, then centre

Jump both feet to yellow – then one to green as the other goes to blue – then both to red

Jump both to blue – to yellow – to green – to centre

Alternatively the children could sit in the centre & reach towards these directions.

The sequence could be simplified or made more challenging depending upon the age/level of experience of the children – to add challenge try hopping rather than jumping, include changes of direction, increase the speed. To reduce challenge increase the size of the paper, add a short pause after each step or jump (to indicate where to go next), reduce the number of actions.

Once the children have learnt the sequence try it with music.

Ask the children to create their own sequence using any combination of hop, step or jumps to get them from one colour to another (or use the central point).

Remind the children that they can include ~

Straddling more than one colour at a time

Change the direction they face

Put in pauses

Use their hands to connect to a colour.

(You may wish to use all or just some of the above suggestions).

Ask the children to rehearse their dances until they can recall them easily.

If you want to take this further they could...

Add sequences together – either the warm up sequence or the work of another pupil

Remove the colour squares – see if they can recall the sequence without the visual prompt

Add gestures – throughout the sequence upper body actions such as gestures could be added.

