DANCE/DRAMA ACTIVITY

DANCE WARM-UPS

It is important to begin every practical dance session with a warm-up. This activity involves the creation of a warm-up in pairs that can then be used at the beginning of each session.

In your pair, put together a 15-minute dance warm-up. You should create a few structured exercises that include general stretching, exercises to focus on specific areas (for example abdominals, legs, arms) and combination exercises for strength and grace. You should select different pieces of music for your warm-up, choosing styles and tempos to suit the exercises you have chosen. Once the warm-ups have been put together, each pair should take it in turns to lead the rest of the class in their warm-up at the beginning of each session.

CATS