

# DANCE – THE BASICS OF DANCE/ DANCE FITNESS

## Quick introduction

There are many ways in which a session can be structured. The approach taken is defined by the needs of the group and the style being taught. A standard session contains a warm up, main body and cool down.

Each session finishes with a competition element. Look out for Everybody Dance Now! #StandAtTheFront.

This pack provides a number of examples but there are potentially hundreds of styles you can choose from; find some examples [here](#).

## Getting started

### WARM-UP

- A 10 minute session is sufficient to get the blood flowing and the body ready. Include some aerobic activity to raise the body temperature.
- Some warm-up options:
  - Simple games in teams.
  - A routine that could be used to start the session each week.
  - A teacher led session including movements such as walking/jogging/grapevines and jumping jacks.
- Stretching should follow after the warm up. Focus on getting the main muscle groups warm and ready.

### MAIN SESSION

- Follow the dance style cards provided. Learn a new style every few weeks.
- Learn a routine and add variations like repetition, cannon and direction.
- Learn a routine using the choreographic elements listed in the dance the basics section.
- Choreograph your own routines.

- The aim of your session should be to increase your participant's fitness whilst having fun!
- Find YouTube clips of a choreographed routine and learn a specific skill as a homework exercise.

### COOL DOWN

Ideally be 5 – 10 minutes

- Some cool down options:
  - Reduce the intensity gradually.
  - Concentrate on your breathing.
  - Stretch.
  - Drink plenty of water.



# DANCE – THE BASICS OF DANCE/ DANCE FITNESS

## Keep it safe

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up, practice and perform.
- Wear appropriate clothing.

## Mix it up

- Use stage or floor directions to use all the space available.
- Use the different elements of dance and dance fitness to add depth and variation.

## Organising the session

You can

- Add variety by introducing different choreographic elements.
- Explore these elements when working through the dance cards in this pack.
- Introduce 'dance-offs' and performances so you can view each other's work and give positive feedback.
- Some basic choreographic ideas to get you started:
  1. Repetition – repeat an action.
  2. Size – make a movement smaller or bigger.
  3. Cannon – perform the same move one after the other.
  4. Tempo – make the move faster or slower.

5. Levels – perform the moves on low, medium and high levels.
6. Stillness – experiment with moments when a move is frozen.

## Everybody Dance Now! #StandAtTheFront

- Design a routine over a number of weeks and have a competition at the end using the judging criteria found [here](#).

## Leadership

Young people can get involved in the sessions in the following ways:

- Lead a part of the session.
- Choreograph part of the routine.

If young people want to develop their leadership skills in dance they should consider the Intro to Dance Fitness course:

- A hands on two day training programme aimed at 14-16 year olds who are keen to lead and motivate their peers through dance fitness. Further details can be found [here](#).
- To find out about other training opportunities click [here](#).

## Keeping it fun

Make use of games to keep young people engaged:

1. Dance charades: provide a sheet with different named styles on it. Cut them out and pop into a hat.

2. Dance tag: get the group into a circle – the first person dances a move. The second person must dance that person's move and add their own move and so on.

## Think inclusively

- Make sure the choreography matches everyone's needs and abilities.
- Isolate movements for those with limited mobility.



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# DANCE – THE BASICS OF DANCE/DANCE FITNESS



## Big ideas

- Young people can choreograph their own routines by selecting their own music and style.
- Young people can use social media to promote the sessions.
- Young people can make use of YouTube videos to learn new skills and enhance their routines.

## YOUNG PEOPLE STATEMENTS

**Rebecca,  
Churchfields School**

"I really enjoyed the dance competition because it made me more confident to dance in front of a big audience."

**Spirit of the Games:  
Excellence through Competition**



Passion for dance gives young people the opportunity to be part of something special as an individual or as a team.

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## DANCE – STREET DANCE

## Quick introduction

'Street dance' is the umbrella term for different foundation styles. These include styles such as; Hip-Hop, House, Locking, Popping and Breaking.

## Getting started

Here are some basic Street Dance moves to get you started. You can view videos of these moves [here](#).

## Bart Simpson – Hip-Hop

- Step out to the side, with knee turned out.
- Arms placed across body, away from moving leg.
- Join feet together and bring arms in.
- Small bounce with body in upwards motion.

## Kris Kross – Hip-Hop

- Jump right foot over left.
- Jump feet apart.
- Jump left foot over right.
- Jump feet apart.

## Locking Point – Locking

- Holding a fist, raise hand to chest.
- Keep elbow in line with wrist, shoulder height.
- Unfold arm and bring out index finger.
- Finish with arm fully extended with point.

## Locking Lock – Locking

- Raise both hands either side of your body, bend at the elbow.
- Drop arms down slightly in front of body.
- Make fist, pull up with slight arm bend.
- Lean body forward and slightly bend one knee.

## Egyptian Twist – Popping

- Identically shuffle the feet to the right for four counts.
- Palms face towards floor and mimic feet.
- Facing fingers towards heels, raise and lower shoulders.
- Lowering shoulders one by one whilst travelling left to right.

## Romeo Twist – Popping

- Shuffle the foot four counts to the right.
- Palms facing down towards floor and mimic foot.
- Bring foot back in, four counts.
- Repeat the same with other hand and foot.

## Pas De Bouree – House

- Step right leg behind left leg.
- Step left leg out.
- Step right leg forward and lean weight forward.

## Cross Step – House

- Step right leg out to side.
- Step left leg back.
- Step right leg across left leg.
- Weight should remain forward on toes.

## DANCE – STREET DANCE

## Keep it safe

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up, practice and perform.
- Appropriate clothing should be worn.

## Mix it up

- Make the moves more appealing to the audience by adding character.
- Add arm movements, shoulder shrugs and facial expressions.
- Add your own identity and flavour by introducing some of your own freestyle moves.

## Organising the session

## Warm up

- Choose four of the moves overleaf.
- Repeat each of these for 64 counts and then change to next move.

## Main session

- Choose one of the four styles in 'Getting Started'; Hip-Hop, Locking, Popping or House.
- Learn the two moves given for this style.
- Drill these moves, teaching the basic features of each step.

- Link these together and create a short routine, vary the beat / track.
- Repeat each week using a different style.

## Cool down

- Static stretches including hamstring, quads, bicep, tricep.
- Shoulder rolls backwards and forwards.
- Body roll to floor and back up to standing.

## Keeping it fun

How to keep it enjoyable:

- Partner up the group; they can demonstrate each move facing each other.
- Split the class in half; one group faces the other to perform moves.
- Click [here](#) for more information and ideas.

Everybody Dance Now!  
#StandAtTheFront

- Split into groups and perform pieces against the judging criteria found [here](#).
- Split into groups and have a 'battle' in which two performers or groups have a 'dance off' to see who has the best moves.
- Be inspired by watching this Street Dance routine video [here](#).

## Leadership

You can get involved in the sessions in the following ways:

- Lead the warm up and cool down.
- Lead the main session.
- Choreograph part or all of the routine.

## Think inclusively

- Think about the space available and adapt if necessary.
- Lower the intensity for participants with physical or mental impairments.
- Make use of shorter routines.
- Isolate movements in the routine for those with limited mobility or wheelchair users.

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### Big ideas

Task young people to do their own research into different Street Dance battles found [here](#).

### Spirit of the Games: Excellence through Competition



Practice practice practice until your street dance moves are perfected!



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# DANCE – BOLLYWOOD

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## Quick introduction

Bollywood is the name for modern Indian Dance. This style of dance has its roots in classical and folk dance with the occasional Latino and Arabic influence.

## Getting started

Here are some basic movements of Bollywood Dance to get you started. You can view videos of these moves [here](#):

### BASIC MOVEMENTS

#### Step and Touch

- Step out to the right.
- Touch ball of left foot on floor next to right.
- Step out to the left.
- Touch ball of right foot on floor next to left.

#### 1,2,3 Step (3 counts)

- Flat of right foot.
- Toes of left foot.
- Flat of right.
- Repeat on left side.
- N.B. with a spring in your step.

#### Limp Step

- Put toes of right foot on floor.
- Put weight on your left leg.
- Drag right foot moving to the left.

#### Around the World

- Lift arms to shoulder height palms up.
- Rotate in a full circle with body weight on one leg, whilst tapping other foot on the floor as you turn.

### Basic Turn

- Begin with feet together.
- Take right foot and cross it over in front of the left foot.
- Place ball of foot on floor.
- Simply unwind in one spin (all one action).

### ARM MOVEMENTS

#### Shrugging Shoulders

- Rise your arm to the front with finger pointed.
- Whilst shrugging your shoulder move your arm 90 degrees to the right.
- Repeat with left arm.

#### Turn the Lightbulbs

- Raise your arms to shoulder height and bend at the elbows.
- Point your fingers up to the sky.
- Twist your wrists like you're unscrewing a lightbulb.

#### Rolling Arms

- Rotate your wrists around each other.
- Move your arms from your hip to up above your head.

#### Come Here

- Hold your arms out in front of your chest, palms up.
- Imagine that you are pulling a rope, moving your arms one at a time towards your chest.



# DANCE – BOLLYWOOD

## Keep it safe

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up, practice and perform.
- Appropriate clothing should be worn.

## Mix it up

- Use progression ideas from the 'getting started' movements, e.g. adding jumping, hopping, hip movement and adding arm and shoulder movement.

## Organising the session

### WARM UP

For some ideas on appropriate techniques for this style, have a look at these videos.

- View video 1 [here](#).
- View video 2 [here](#).

### MAIN SESSION

#### Basic Bollywood Movements

See 'Getting Started'. Teach one movement at a time, initially without music.

#### Basic Bollywood Hand Positions

Experiment trying different Bollywood style hand, face and eye gestures. Hand support cards out with the moves on to help aid learning. Some more ideas to try can be found [here](#).

Practice the movements and hand gestures in different formations; for example dancers could stand in circles, diagonal lines or squares.

### Group Rehearsals

Put participants into groups of 3-5 and rehearse the steps/routines from previous sessions. Pick 3 different formations or create new ones.

### Pathways

Practice moving between formations using different pathways; for example straight, vertical, zig zag or at different heights and speeds.

### COOL DOWN

Try this great cool-down video [here](#).

## Everybody Dance Now! #StandAtTheFront

- In groups of two, four or six, young people select a minimum of four moves to compose a repeatable sequence. Make use of the judging criteria [here](#) to make it a competition.

## Leadership

You can get involved in the sessions in the following ways:

- Lead the warm up and cool down.
- Lead the main session.
- Choreograph part or all of the routine.

## Keeping it fun

Dance a story competition

- Classical Indian dancers tell stories through different hand gestures.

- In groups create 3 different hand gestures which mean different things – for example the sun, dancing, beach etc.
- Create a story by putting your hand gestures into a dance sequence.
- Share your stories and see if you can guess what each other are dancing about.
- Do some research on YouTube or by watching Bollywood movies to gain inspiration on different moves and routines.

## Think inclusively

- Think about the space available and adapt if necessary.
- Use more basic techniques and movements.
- Lower the intensity for beginners and students with physical or mental impairments.
- Make use of shorter routines.
- Isolating movements in the routine.



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Formations



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## Big ideas

Encourage young people to understand the multicultural message that Bollywood Dance gives. This type of dance tells a story in itself. Young people can have their voice heard by choreographing their own routines which tell their own stories.

Two tutorials to help you along can be found here:

- View tutorial video 1 [here](#).
- View tutorial video 2 [here](#).



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## YOUNG PEOPLE STATEMENTS

### Parvinder says:

"It's great to be able to share my cultural dances with friends so that they understand my heritage better"

## Spirit of the Games: Excellence through Competition



Celebrate the importance of embracing different peoples' heritage and culture.



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## DANCE – DANCE CIRCUITS

## Quick introduction

Dance circuits are a fun way of combining fitness and dance. They are super easy to deliver especially if you are not confident in teaching routines. There are 10 dance circuit stations to choose from.

## Getting started

Set the room up in a circuit format with each station clearly marked with a dance card.

- The session length can be flexible to the time you have; 30 minutes plus is best.
- You can do each station for 1 minute or mix it with different times to add variety.
- Use high energy music 132 – 146 bpm.

All circuit stations are explained and executed in the video links below.

## Arms 1

**Arm Pulses** – View the video [here](#).

## TIPS:

- Keep elbows soft, arms not locked
- Stand tall and straight
- Engage your core for an ab workout too!

## Arms 2

**Light Bulbs** – View the video [here](#).

## TIPS:

- Exaggerate the light bulb motion with lots of energy in then bounce for a harder arm workout.
- Soften the knees.

## Core 1

**Reach Warrior Tree** – View the video [here](#).

## TIPS:

- Important to keep correct posture in this exercise.
- Knee in alignment with ankle on the lunge, supporting leg soft in tree position and balances.

## Core 2

**Contemporary Crunch** – View the video [here](#).

## TIPS:

- Remember to soften into the floor on the leg raises.
- Keep core engaged during crunches and focus/eyes looking up.

## Legs

**Can Can** – View the video and [here](#).

## TIPS:

- Keep abs pulled in and tight when lifting the knee.
- Make sure the supporting leg is bent with knee over ankle.

**See over for more.**

## DANCE – DANCE CIRCUITS

## Keep it safe

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up, practice and perform.
- Appropriate clothing should be worn.

## Mix it up

- Add bridging movements into the routines. Bridging movements are simple sequences that bring the class together and lift the energy.

An idea

- Grape vine right (4 counts), spotty dogs (4 counts). Grapevine left (4 counts), spotty dog (4 counts).

## Organising the session

## WARM UP

- Begin slowly by doing some of the circuit movements to loosen up the body and the muscles and raise the heart rate.
- Stretch the major muscle groups.

## MAIN SESSION

- Set the circuits up ensuring there is sufficient space for participants to move around.
- Split the class into pairs or threes and assign them a station.
- Start the music and count them in.

## COOL DOWN

- 5 – 10 minutes in length.
- Walk through the warm-up movements gradually making them smaller as the cool-down progresses.
- Finish with stretching of the main muscle groups.

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Some competition ideas:

- Beat your personal best (PB) – record how many repetitions you can perform in the given time period - try and beat your personal score the second time around.
- Compete as a group/team – the whole group performs the same circuit together and counts how many repetitions they can perform in the given time period– the highest score wins!

## Leadership

You can get involved in the sessions in the following ways:

- Lead the warm up and cool down.
- Design and introduce your own circuits.
- Choreograph part or all of the routine.

## Keeping it fun

## Plank Off Challenge

Challenge your friends to a plank off:

- There are three planking positions to choose from (check out this video [here](#)).

- The winner is the person who can hold the plank the longest.

## Themed Weeks

- Have themed weeks when all of the circuits focus on a specific style of dance.

## Think inclusively

- Think about the space available and adapt if necessary.
- Pair up and adapt the circuits to include everyone.
- Ensure all participants are involved at each station, appropriately adapting activity / challenge to the needs of the participants.

exercise move dance



# DANCE – DANCE CIRCUITS

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## Full body 1

**Top rocking & 6 step** - View the video [here](#).

### TIPS:

- Remember that the 6 step alternate the legs; right leg, left leg.
- Keep the head up and put the weight on the arms when switching feet.

## Full body 2

**Kick Shimmy** - View the video [here](#).

### TIPS:

- Increase the intensity by lunging low when tapping foot behind remembering knee over ankle alignment (step 1).
- Option to make the jumps bigger (step 2).

## Trunk 1

**Pump It** - View the video [here](#).

### TIPS:

- Keep knees soft and bouncy in this exercise and abs pulled in tight.

## Trunk 2

**Charleston Twist** - View the video [here](#).

### TIPS:

- Once the participants have mastered step 1, add windscreen wiper arm movement.

## Big ideas

Encourage young people to design their own ten station circuit of new dance fitness moves and get them to lead their own sessions each week.

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## YOUNG PEOPLE STATEMENTS

### Sarah says:

"Dance Circuits are so much fun because you get to try a bit of everything and it really is a full body workout! I love it."

## Spirit of the Games: Excellence through Competition



When completing the stations make sure to always be honest about how many repetitions you have completed in the allocated time so you can always better your own score!



## DANCE – PARTY FITNESS

## Quick introduction

Party Fitness gets you fit whilst practising all your favourite dance floor moves! By combining top floor filling tracks with basic routines, everyone can have fun whilst getting a workout too.

## Getting started

Here are some basic Party Fitness moves to get you started. You can view videos of these moves [here](#):

## Running Man

- Lift and bend your right leg, forming a 90 degree angle with your knee and the floor.
- Lift and bend your arms.
- Lower your right leg, sliding your left leg backwards and lifting the left heel, while leaning slightly forward.
- Push your arms down. Repeat on your left leg.

## Glow 'n' Roll

- Spin the glow sticks round and round really fast in front of you.
- Step out to your right then left.

## The Swoosh

- Sweep the glow sticks over your head in one flowing movement.
- Step out to your right then left.

## Flash Jack

- A jumping jack with glow sticks to make it more fun!
- Add a bit of variety with the arm movements by alternating them high and low.

## Old Skool Raver

- This is a great move for whenever there's a slower breakdown section in a track.
- Get into a strong squat position and then twist the wrists to trace a swirling pattern with the glow sticks.

## Glowing Circles

- Stay in your squat and circle the arms in front of you, either both together or one at a time.

## Pump It

- Stand with feet hip width apart, knees slightly bent, keep your tummy tight.
- Pump both arms out to the sides and then cross them together above your head.
- This should be a strong powerful move to work both your arms and your core.

## Neon Spinner

- Stand with feet hip width apart, knees slightly bent, keep your tummy tight.
- Spin the glow sticks round and round really fast in front of you then move them slowly up and down your body.

## Keep it safe

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up, practice and perform.
- Appropriate clothing should be worn.

## Mix it up

- Investing in some glow sticks can really get the party started.
- If you do not have glow sticks you can make some by rolling up colored card or use bean bags instead.

## DANCE – PARTY FITNESS

## Organising the session

## Warm up

Follow this basic routine, about a minute for each move, increasing intensity as you go:

- Deep breaths with arms raising above head.
- Step touch. Add pulsing hands and shoulders to increase intensity.
- Box step with low and high punches.
- Small bounces with fist pumps.
- Big bounces with fist pumps.

TIPS: Example tracks: Snap – Rhythm is a dancer, Eric Prydz – Call on me.

## Main Session

Here are three progressive sessions that you can try to get started.

## Welcome to the Dance Floor

1. Introduce 3 of the movements.
2. Break them down into easy to learn segments.
3. Repeat the movements until everyone has learnt them and then with increased impact to get hearts racing.
4. Combine the 3 movements in a sequence to a track.
5. Play a game with the movements to finish. Get the whole group moving around and practising the movements as you shout them out.

## Step It Up

1. Recap the movements with the game from session 1.
2. Introduce 3 more of the movements.
3. Break them down into easy to learn segments.
4. Repeat the movements until everyone has learnt them and then with increased impact to get hearts racing.
5. Combine all 6 moves in a sequence to a track.
6. In small groups make up 2 new movements. Name them and add them to the sequence. Present them to the class.

## The Raver

1. Recap the movements with the game from session 2.
2. Introduce the last 2 movements.
3. Break them down into easy to learn segments.
4. Repeat the movements until everyone has learnt them and then with increased impact to get hearts racing.
5. Combine all 8 moves in a sequence to a track.

## COOL DOWN – CHILLOUT TIME

- March on the spot for a few minutes to bring the heart rate down then bend the knees and slowly rise while sweeping the arms up and taking deep breaths in and out.

TIPS: Example track: Soul II Soul – Back to Life.

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- Split into groups and perform pieces against the judging criteria found [here](#).

- Split into groups and have a 'dance off' to see who has the best moves.

TIPS: Example tracks: N-Trance – Set u free, David Guetta – Play hard or Titanium, Prodigy - No good.

## Keeping it fun

## Freestyle It!

1. Bounce or jog on the spot and pump your arms in the air.
2. Bring your own style to this move – use your imagination!
3. Ask the class to bring in their own/favourite music track so that they can perform some party fitness moves to it.

## Leadership

- Encourage each other to demonstrate sections of the dance moves and lead small groups or the whole class.
- [Click here](#) to find out about local classes and learning to teach Clubbercise® in your school.

## Think inclusively

- Think about the space available and adapt if necessary.
- Use more basic techniques and movements.
- Lower the intensity for beginners and students with physical or mental impairments.
- Make use of shorter routines.
- Isolating movements in the routine.

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move  
dance



# DANCE – PARTY FITNESS

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## Think inclusively

- Think about the space available and adapt if necessary.
- Use more basic techniques and movements for young people with limited movement.
- Lower the intensity for beginners.
- Make use of shorter routines.
- Use isolating movements in the routine.

## Big ideas

- Encourage the young people to bring in their own music!
- Encourage the young people to learn the routine and start to lead sessions and perhaps start their own party fitness club after school.



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## YOUNG PEOPLE STATEMENTS

### Maddie says:

"Party Fitness is like going on a night out with your mates and dancing the night away to great music. You don't need rhythm to love it. Just a good attitude!"

## Spirit of the Games: Excellence through Competition



Party Fitness is a great way for you to get active with your friends and peers. Working as a team will make it more fun!



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