**Dance Basics**

Create your own dances using the 5 Dance Basics:

Jump

On the spot or from place to place

Gesture

Forward and backwards, up and down, side to side, up/side and down/opposite side, etc.

Stillness

Standing, crouching, bending, sitting, lying, etc.

Turn

In big circles, spinning, one way, both ways, etc.

Travel

Fast, slow, backwards, forwards, move whilst going up and down, movement where you move from one place to another, etc.

Allocate a move to each dance basic and put the moves together.

**Benefits**

Can support skills, balance, spatial awareness, coordination and gross/fine motor development



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