

# Dance Term 1 Summary

The West Beach Primary school dance program with Kelly Sports is a funky jazz/Zumba lesson for years R-2

## In Term 1

- There was a heavy focus on learning basic moves and skills, as well as making sure the children were always engaged and were enjoying their time.
- My lessons start with a high paced warm up to get their body's warm and moving with a small stretching routine which all the children can achieve.
- Most of my lessons included a corner work, in which some dance moves are learnt and performed down the room which will be used in small increments in the dances later. Some of these moves included gallops, leaps and turns.
- Every lesson also worked on a small dance routine to a set piece of music and dance moves which got built on every lesson, in hopes to aim to create a full dance by the end of the semester which the children can remember and perform.
- I like to include free time dance and musical games at the end of my sessions as a cool down as I feel it allows the children to have their own creative freedom and to dance around the room however they may choose.

In term 2, we will continue to learn a small jazz routine and improve and learn more skills and dance moves.

Coach Paige

