

Revisiting our dance unit!

Busting some moves!

Information for students

- This week, we'll go beyond building choreographies to trying some dance tutorials and getting inspired by some pop culture dance moves.
- Go to <https://www.youtube.com/user/DanceTutorialsLIVE>.
Select one of the choreography videos.
Make some space and give it a try!
- After having done some of the steps in the videos, reflect on the following questions:
 - How would you have done it differently?
 - What could be done to make the choreography personal?
- Try it out!
- Optional: Film yourself to see how it looks if you don't have a mirror to dance in front of.

Materials required

- Device with Internet access

Information for parents

- This activity is designed to be simple and build students' repertoire of dance moves and reflection around their creations.
- We hope it will appeal to your child whatever their grade level.

Feel free to share your interpretation of the dance tutorial to social media using the hashtag **#IBartsHSB** or let me see your awesome moves by sending me an email at kvalade@nfsb.qc.ca.

Stay active, creative and safe! ~ Ms. Valade