

Dance involves movements of the body with rhythm, usually to music. Instead of using words, we can use dance as a way of expressing ourselves and our feelings. Dance also improves our fitness, gives us better coordination, and helps us to connect with other people.



Diversity

Members: 20

Nationality: British

Age range: 18 - 29

Fact: Diversity won Britain's Got Talent in 2009

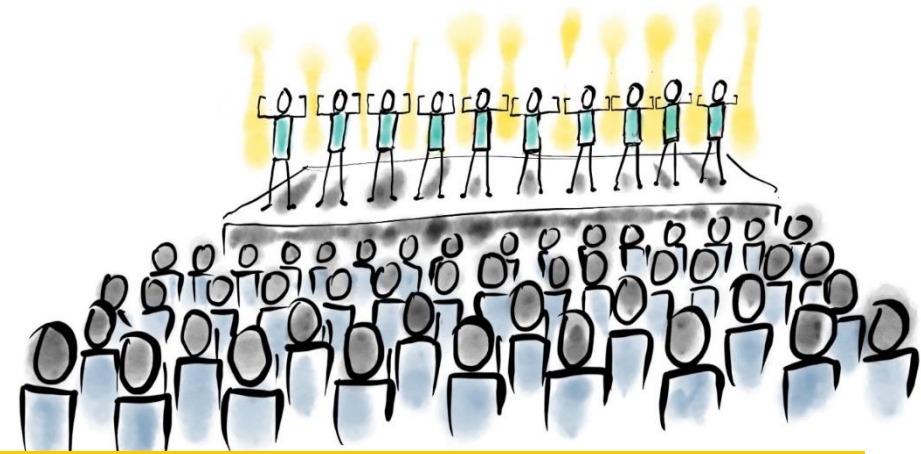


routine movement fluency

music unison

choreography

beat of 8



STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 Dance:

To be inspired by music and different stimuli.

To show ideas through dance.

To create sections of dance on your own, and in a group.

To apply the principles of dance to a routine.

To combine movements – keeping to the beat.

To perform to an audience.