



1

Dance Express

- Select between 5 - 8 dance actions. These could be some of your own, or you can take ideas from the list below.
Slide Kick Jump Roll Extend
Turn Spin Balance Tilt Twist
- Practise the actions over and over, you could even decide on a number of counts to do for each action.
- Choose your favourite song and see if you can repeat your dance for the entire song.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @GetSet4Ed

