



# MUSICAL CIRCLES PRIMARY SCHOOL DANCE AND MOVEMENT WORKSHOPS

**60 minute Interactive Workshops. Appropriate for up to 30 students.**

**Includes one workshop instructor and one assistant where necessary.**

## **1. HIP HOP GROOVES**

*The freestyle nature of Hip Hop will get you moving and having so much fun – it's great for your fitness and encourages happy minds and bodies. Open to boys and girls: P-3; Yrs 4-6. Wear comfortable clothing (T shirt and shorts), bring your water bottle, and off we go!*

## **2. THE WORLD OF HIP HOP**

*Experiment with Rapping rhymes and rhythms, see if you can try to imitate a few of the vocal percussive effects of Beatboxing, and even learn some basic moves of Hip Hop dancing!*

*Experience through vocal rap activities the combination of linguistic skills and musical coordination in a fun and interactive way, and also see how many percussion instrument sounds you can identify when listening to the sounds of beatboxing.*

## **3. SCREAM AND SHOUT! INTRODUCTION TO CHEERLEADING**

*Have loads of fun in this upbeat and energetic dance session – flip, tumble, jump and stunt. Move and groove – it's so cool! Open to boys and girls: P-3; Yrs 4-6. Wear comfortable clothing (T shirt and shorts), bring your water bottle - and your pre-made pom pom - and you'll be cheering all the way home at the end of the day!*

*See the following link for how to make your pom pom:*

<https://www.youtube.com/watch?v=yWlp23M8eU0>

## **4. FOOTLOOSE**

*Step out and find your rhythm by trying a few of the basic steps and rhythms of tap dancing. Listen to the clickety-clack of those shoes and see if you can give it a go! An energetic session that guarantees to challenge your coordination and improve your understanding of timing! Open to boys and girls: P-Yr1; Yrs 2-3; Yrs 4-6. Wear comfortable clothing (T shirt and shorts), bring your water bottle, and a smile!*