



MUSICAL CIRCLES SECONDARY SCHOOL DANCE AND MOVEMENT WORKSHOPS

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

Includes one workshop presenter and one assistant where necessary.

1. HIP HOP BEAT

Guaranteed to get your whole body moving and having a bunch of fun while you do it! Fitness, jumping, and learning about a dance style that is almost as unique as you are! Open to boys and girls: Yrs 7-10; Yrs 11-12. 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. CHEERLEADING – READY, OK!

Get your pom poms ready for this upbeat and energetic dance session where you flip, tumble, split, jump and stunt. Bring it on! Open to boys and girls: Yrs 7-10; Yrs 11-12. 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. COOL METAL

Come along and experience the basic rhythms of tap dancing, and learn about a dance style that is great for your mind and body. Make groovy sounds to cool, funky music, pop music, and traditional tap tunes. Listen to the music of your own feet and be surprised at the percussive sounds that you can create. Open to boys and girls in Yr 7. Wear comfortable clothing (T shirt and shorts) and bring your water bottle. We'll have you stepping out in style!