



## Dance Action Zone Leeds

### WHAT WILL BE ON OFFER FROM DAZL?

1. Online dance challenges for children and families to upload to their individual Facebook groups or just simply upload under the various videos.
2. Session videos and tutorials will be upload for you all to practice.
3. Weekly 20min family dance fitness
4. Warm-up, Cool Down and Individual skills dance activity Videos.
5. Facebook LIVE sessions and Zoom Room sessions - this will be advertised on your groups page and via our social media.

#### Instruction on adding all groups

**Step 1:** Add yourself the DAZL Facebook then LIKE the page

[www.facebook.com/danceactionzoneleeds](http://www.facebook.com/danceactionzoneleeds)

**Step 2:** Fill out this simple online consent forms

<https://dazl.wufoo.com/forms/dazl-consent-form-dazl-online-consent-form/> then just select the session to get access to the private groups.

**Step 3:** get link or have link sent for session by DAZL

### NEW TO DAZL?

You must fill out an online consent form. You must then be able to answer the security question for the group. Groups are monitored by the DAZL team and and comment or upload has to be agreed by a DAZL Staff/ Team member. You can only add yourself to the your local session or you can join in on the general open activities to all.

#### What social media platforms will you be using?

Facebook - @danceactionzoneleeds

Twitter - @DAZL\_Leeds

Instagram - @danceactionzoneleeds

Vimeo - (Video Channel) [www.vimeo.com/danceactionzoneleeds](http://www.vimeo.com/danceactionzoneleeds)

YouTube - (Video Channel) [www.youtube.com/dazldiamonds](http://www.youtube.com/dazldiamonds)

### #DAZLonline activity at home disclaimer

DAZL strongly recommend that you consult your doctor before undertaking any changes in your physical activity regime. DAZL and the team take no responsibility for any personal loss or injury caused whilst you participate in our #DAZLonline activities. Please make sure the area around you is clear of any hazards before starting any of the activities. Stay hydrated and be aware of you body and surroundings. Stay Safe, Stay At Home, Listen To The Experts! We cant wait to see you all soon. Love Team DAZL #DAZLfamily

### STAY IN CONTACT WITH US

Call/Text/ Whatsapp: 07519018675 or Email: [community@dazl.org.uk](mailto:community@dazl.org.uk)

For FREE online dance classes visit our website: [www.dazl.org.uk/calendar/](http://www.dazl.org.uk/calendar/)

## DANCE TASKS TO TRY AT HOME

### Remember at the start of all exercise to warm-up correctly.

1. Start with gentle jogging getting the heart rate up
2. Isolate and loosen each body part in counts of 8 from head to toe
3. stretching from top to toe
4. Back to light jogs and shake it out
5. You are now ready to start dancing

**Dance Task - Freeze Dance:** There are several variations to this favorite freestyle dance game. The simplest version is to turn on music and have the kids dance around the room. When the music stops, freeze! If you get caught moving, you're "out." You can keep going until everyone is out, or have that student be the "DJ" for one round, then go back in.

Here is another variation to try: **Movement Words:** each time you stop the music, call out a movement word for the participant to embody during the next round. Try moving in different tempos, levels, movement qualities, animals, foods, or letters of the alphabet.

**Dance Task - Make Up Your Own Dance:** put on your favorite song and bust out your best moves. Be as creative as possible, you could add kicks, jumps, turns for some extra flavor. Then why not perform this back to your family? your amazing!

**Remember to cool down correctly -** Gently stretching and bring the heart rate back to normal.

**Have you tried any of these dance movement games? How did it go? Comment/ Share on our social or send us a text!**