

## Dance Action Zone Leeds Healthy Holidays Dance at Home Pack

"Keeping the whole family dancing, moving & feeling good with DAZL whilst we all spend more time at home"



## CAN YOU GET ON THE INTERNET? IF YES PLEASE SEE BELOW?

 Weekly dance tasks www.youtube.com/dazldiamonds



 20min Family Dance-Fit each week www.vimeo.com/danceactionzonelee ds uploaded every sunday

vimeo

 Facebook Live Dance session every Mon, Weds & Fri at 11am

# IF YOUR A FAMILY WHO NEED SUPPORT WITH FOOD PLEASE CONTACT US.

Call/Text: 07519018675 Email: community@dazl.org.uk

For FREE online dance classes visit our website: www.dazl.org.uk/calendar/







## LADDERS DANCE TASK

Ladders is a great partner game that allows children to show off their own dance moves!

- 1. Begin by getting into pairs and giving a prompt for each pair to come up with their own short dance phrase.
- 2. It could be anything Stepping/stomping or 8 counts of your favourite dance moves.
- 3. Put a line of tape along the floor and sit on the opposite side of your pair, feet-to-feet. This is your ladder!
- 4. Each pair is given a number or name.
- 5. When their number is called, they stand up and carefully "climb" to the top of the ladder while stepping over the other children's feet.
- 6. When they get to the top, they skip to the bottom of the ladder and "climb" back up.
- 7. When they get to their original spot, they do their dance in place while the other pairs cheer them on, then sit back down.

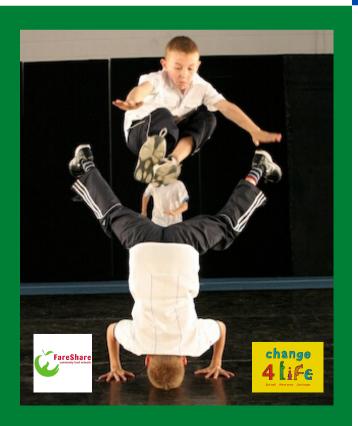
For a challenge, call out multiple duos at



## PASS ON YOUR MOVES DANCE TASK

A good dance exercise for the whole family.

- 1. One person begins by doing eight counts of movement with one body part only (feet, knees, hips, shoulders, head) then "passes" it to the next person.
- 2. That person does their own eight counts of creative movement with the same body part, then "passes" it on again.
- 3. When your all complete, pick a new body part and begin again.





### **EMOJI DANCE TASK**

This dance task is a great way for children to connect with their emotions in a very safe and artistic way.

- 1. Draw or print out emojis of different expressions Happy, Excited, Tired, Worried, Crying, Rolling Eyes etc and place around the room/ garden.
- 2. Each child turns around and moves towards the emoji, demonstrating the movement quality of that emotion.
- 3. Repeat until they've tried on several different emotions. For an added challenge, try it with partners!

### **ABOUT DAZL**

#### **Our Aims**

Primary Aim - To improve the mental and physical health of children and young people aged 3 – 19 years, particularly girls, through dance as physical activity in disadvantaged communities of Leeds.

DAZL Secondary aim – To reduce health inequalities, improving the health and wellbeing of children, young adults with disabilities up to 25 years, families and the wider community

throughout Yorkshire through asset-based community dance and wider dance opportunities.

#### The DAZL Model

- 1. Participation Engaging inactive children and young people through dance as physical activity.
- 2. Community Leadership Engaging and empowering local people/ communities.
- 3. Partnerships Supporting and delivering the wider health/ social care agenda.
- 4. Artistic Development & Progression Support Developing and nurturing new and existing local talent.
- 5. Celebrating Communities & Performance Opportunities bringing the community together and championing positive achievements.