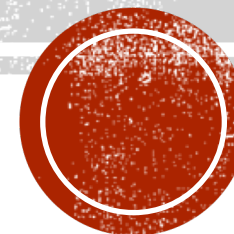


DANCE CHALLENGE 1

YOU HAVE TWO WEEKS TO GET THROUGH AS MANY OF
THE TASKS AS YOU CAN! HAVE FUN!



DANCE CHALLENGE

Your dance challenge for this week is to learn and perform the following dance!

DUA LIPA - PHISICAL WITH Oti and Marius

https://youtu.be/3o9wSS_ibfA

The video will take you through step by step instructions on how to learn the dance.
Rather than sharing on their social media, we want you to share it with us!



COMPLETE THE CHALLENGES AND RECORD YOUR PROGRESS!



The pupils and staff at Leith Academy need to stay connected during isolation so send in videos of you completing your dance challenges or post what you have done on the teams page!

We will post on the Leith PE twitter page and let you know how we're doing, so post back!



TASK 1-

A DANCE IS MADE UP OF MOTIFS

A SINGLE MOVEMENT OR SHORT PHRASE OF MOVEMENT WHICH EXPRESSES THE STYLE OR THE THEME OF THE DANCE

Task 1- learn the dance by following Oti's instructions

- Start by learning the first Motif (up to 7 minutes)
 - Practice it until you are confident in performing
 - Take it step by step and don't be afraid to go back to the stage before if you need to go over something again!
- TIPS
 - Break the dance down into small sections (Motifs) and learn a little each day!
 - Practice!! The only way to improve is to practice- and lots of it!
 - Evaluate- film yourself and watch it back- is there anything you could improve?



TASK 2- FILM AND EVALUATE



**Film yourself and watch it
back before you share it
with us**

**When you are happy with
your performance- show
us your video!**

- TIPS
- What was good about your performance? Write down at 2 things that were good.
- Is there anything you want to improve? Go back and practice these things until they get better!
- REMEMBER TO USE YOUR FACIAL EXPRESSIONS- SMILE!!!



TASK 3- EXTENSION TASK!

LEADERSHIP

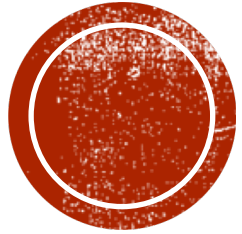
Its now your turn to become the teacher! Teach someone else in your household what you have just learned!

Break the dance down into motifs and teach someone in your household step by step- just like Oti did for you! You have 3 options-

- Teach them using the video to help
- Teach them only using the video occasionally to help you remember
- Teach them without using the video at all, only use your recall of the dance

Can you convince them to be filmed in your video?





REMEMBER TO SHARE YOUR PERFORMANCE ON THE PE TEAMS PAGE

Have fun, keep dancing!