

**LET'S !  
DANCE   
TOGETHER**



---

## **Introduction**

If you're reading this, it means you're one of the wonderful organisations considering supporting Let's Dance - so thank you!

I'm the founder and an ambassador for Let's Dance, the UK's first national dance movement. This all started after my appearance on Strictly Coming Dancing, revisiting my roots in dance, where I had the chance to feel the benefits myself.

It's this that sparked my mission to get the nation dancing, in the hopes of helping more people access the health and social benefits of dance.

I know more people would love to dance with the right opportunity, which is why I need your help to host dance events or classes encouraging more people to dance!

So please join us! Let's come together and make 2025 the year of dance.

**Angela Rippon**



## WHAT IS LET'S DANCE?

Let's Dance! is a nationwide movement of dance organisations, charities, health professions, local councils, community groups, business, celebrities and media getting together with one objective, to get the nation dancing!

## WHY DANCE?

Through dance we can tackle chronic health challenges, combat loneliness and spend time with others. We can get fit, meet new friends and have a great time.

## LET'S DANCE! AIMS TO:



Raise awareness for the benefits of dance, for your mental and physical health



Make it easy for people to join in, whatever their fitness levels or experience.



Bring people together and connect through dance!

## RESOURCES TO TRY!

We have created a document tailored to each key stage, which includes many different resources and links to use in school, and get dancing!

Page 5.... Wake & Shake/ Brain breaks

Page 6.... Maths (Times tables)

Page 7.... KS1 Creative movement (History/ Geography link)

Page 8.... KS1 Creative movement (radio dance workshop)

Page 9....KS2 Creative movement (radio dance workshop)

Page 10...KS2 Creative movement continued

Page 12+..Resources and games to print and use



WAKE  
&  
SHAKE/  
BRAIN  
BREAKS

KEY STAGE 1

[Go Noodle \(Alpha-Groove\)](#)  
[Go Noodle \(Dr Seuss Alphabet Party\)](#)  
[Go Noodle \(Snack Attack\)](#)  
[Go Noodle \(Guacamole\)](#)  
[Koo Koo Kangaroo \(Working Hard\)](#)  
[Koo Koo Kangaroo \(Pirate Prep\)](#)  
[Koo Koo Kangaroo \(All I eat is Pizza\)](#)  
[Koo Koo Kangaroo \(Dino Stomp\)](#)

KEY STAGE 2

[Go Noodle \(Banana, Banana, Meatball\)](#)  
[Go Noodle \(Dance Monkey\)](#)  
[Go Noodle \(Snack Attack\)](#)  
[Go Noodle \(Guacamole\)](#)  
[Go Noodle \(You got this\)](#)  
[Koo Koo Kangaroo \(All I eat is Pizza\)](#)  
[Koo Koo Kangaroo \(Dino Stomp\)](#)  
[Koo Koo Kangaroo \(Working Hard\)](#)  
[Koo Koo Kangaroo \(Pirate Prep\)](#)

YEAR 5 & 6

<a href="#"><u>Go Noodle (Fresh Prince theme song)</u></a>	<a href="#"><u>Go Noodle (Snack Attack)</u></a>
<a href="#"><u>Go Noodle (I'm still standing)</u></a>	<a href="#"><u>Go Noodle (Guacamole)</u></a>
<a href="#"><u>Go Noodle (Bye Bye Bye)</u></a>	<a href="#"><u>Go Noodle (You got this)</u></a>
<a href="#"><u>Go Noodle (Dance Monkey)</u></a>	<a href="#"><u>Koo Koo Kangaroo (Positivity)</u></a>

These videos follow a 'copy me' format and can be used in any lessons as a 'brain break', as warm ups or to get moving in the morning!

Rocktopus have created some resources to 'rock out and dance' whilst learning our times tables.

Hover over the star to give them a go! (youtube link)



MATHS-  
TIMES  
TABLES



KS1:

### Curriculum relevance

*Let's Move - with Naomi and Nigel!* addresses the following learning objectives from the curriculum guidance:

- National Curriculum Programmes of Study for Physical Education in Key Stage One:
- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.*
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.*
- Pupils should be taught to:*
  - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.*
  - Perform dances using simple movement patterns.*

### Visual dance, copy and listen: (20 minutes approx. each)

Click on the pictures below to select the link



KS1  
CREATIVE  
MOVEMENT

LET'S  
DANCE  
TOGETHER

## KS1:

Below are some radio dance workshops, each lasting for approximately 20 minutes. You will need a larger space for the class/group to move around in and a speaker to play the workshop.

*Click on the picture to take you to the correct link*



KS1  
CREATIVE  
MOVEMENT

LET'S  
DANCE  
TOGETHER

# KS2 CREATIVE MOVEMENT

LET'S  
DANCE  
TOGETHER

## KS2:

Dance Workshop targets the dance objectives of the Physical Education curriculum at Key Stage 2. The National Curriculum outlines:

Knowledge, skills and understanding:

- Perform actions and skills with more consistent control and quality
- Plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small group and small team activities
- Identify what makes a performance effective

Breadth of study:

Create and perform dances using a range of movement patterns, including those from different times, places, and cultures

Radio Dance workshop:

*Listen carefully to the instructions and give it a go!*



Henry 8th: (20 minutes approx. each)

[The young king](#)

[The Golden Years](#)

[Defending the realm](#)

KS2  
CREATIVE  
MOVEMENT

LET'S  
DANCE  
TOGETHER



South American Carnival: (20 minutes approx. each)

['Getting ready'](#)

[Carnival Steps](#)

[Carnival Parade](#)



Victorians: (20 minutes approx. each)

[Down the mine](#)

[Life in Service](#)

[At the mill](#)



Wonders of the world: (20 minutes approx. each)

[Great wall of china to Taj Maha](#)

[From the Pyramids at Giza to the Colosseum](#)

[From Machu Picchu to the Great Barrier Reef](#)



Romans: (20 minutes approx. each)

[Roman invasions](#)

[Towns & Buildings](#)

[Customs & pastimes](#)

## RESOURCES

Pages 14-19 have x3 pictures on. You can use these for children to create their own movements and small routines for each image. See if they can create a move to transition from one picture to the other.

Pages 20-26.... Emoji Game Resource

Pages 27-31.... Animal dance resource cards

Pages 32-36.... Moving pictures resource cards



# KSI GAMES



## Animal Dance

Either call out different animals or hold up the resource cards. The class have to move around the room like that animal. Don't forget to put on some music too!

## Emoji Game

There are different emoji flashcards to hold up at various points in the game. The group must dance in their own way that represents the emoji. When the music starts, hold up an emoji and ask them to interpret that emoji into a dance of their own.

## Living Pictures

Using the flashcards, the children create different movements around the room for each picture. You can play music whilst playing to help influence creative ideas.

## Mirror Dance

Get your group into pairs and ask them to face each other. They have to copy each others movement like a mirror, creating a small routine. A slower song works best for this activity!

# KS2 GAMES



## Mirror Dance

Get your group into pairs and ask them to face each other. They have to copy each others movement like a mirror, creating a small routine. A slower song works best for this activity!

## Emoji Game

There are different emoji flashcards to hold up at various points in the game. The group must dance in their own way that represents the emoji. When the music starts, hold up an emoji and ask them to interpret that emoji into a dance of their own.

## Telephone Call

This game is all about memory. One person starts by showing the group a move. The next person in the group must copy the move before them and then add their move onto the end. It continues until everyone in the group has added a move to the sequence.

## Dance your name

Using a different part of the body for each letter, write out your name in the air and incorporate it into a small dance routine. Think about how the letters look, what part of the body you will move to write that letter and how you will link the letters and dance moves together. This can be done in pairs or individually.



Waves



Jellyfish



Sun



Palm Tree



Drum



Bird



Dolphin



Star Fish



Octopus



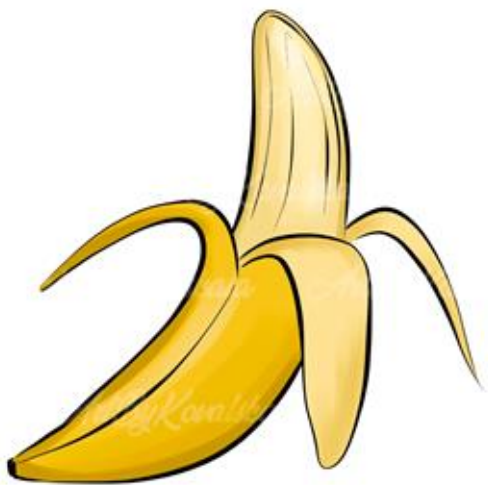
Seaweed



Fishing



Flamingo



Banana



Bubbles



Maracas



Lightening



Rainbow



Rain

















