

Home Learning: Dance and PE KS3

Year 7 & 8 students should check **Show My Homework regularly** for independent learning task updates and access to the home learning tasks and worksheets.

Independent Learning:

Year 7 and 8:

You will find “Netflix” home gym exercise and dance fit follow along videos to help you stay active whilst at home. Challenge yourself each day with one of the videos and keep a track of how many you complete. Why not film yourself performing the dance routines once you have learnt them. Also, why not keep a video log of your progress on the exercise videos too. Although you only have PE/dance once a week, we encourage students to perform these exercise videos multiple times per week.

You should also complete the key skills quiz for PE with quizzes for each sport you have been studying as well as anatomy and physiology quizzes.

Year 7 and 8:

- Complete the choreography worksheets task: Create a short dance routine that is ORIGINAL. You can use any dance style and music.

Year 7 students - Can you still demonstrate the physical and expressive skills you have been learning about in dance lessons?

Year 8 students - can you demonstrate sophisticated choreographic knowledge in your routines?

- Complete the evolution of dance challenge - details will be on Show My Homework

You are not to upload videos publicly in response to these tasks.

Tuesday dance club - you will find a class made up of follow along videos of a warm up, turn exercises and a short routine to learn in the same dance style as our club on Show My Homework as of next week Tuesday 24th March. You should log in every Tuesday to keep up your practice and technique. You don't need a large space to use the videos. Have fun, but do not do any exercises/stretches that you feel are too hard for you at the moment.

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