**P.E. Friday 26th February**

**Carnival of the animals: Use this link to find the YouTube clip:** [**https://www.youtube.com/watch?v=1L993HNAa8M**](https://www.youtube.com/watch?v=1L993HNAa8M)

# Inspired Improvisation

Improvise means to create actions on the spot, without rehearsing them. In ‘Carnival of the Animals’, there is a section of the music that is inspired by tortoises. Can you improvise three actions inspired by the way tortoises move?

# Dancing in Unison

Dancing in unison refers to two or more dancers performing same actions at the same time. Working with a friend or family member, choose an animal from ‘Carnival of the Animals’ and perform three actions in unison inspired by this animal.

# Rhythmical Recital

In dance, rhythm refers to the timing of the movements.

Choose one of the animals featured in ‘Carnival of the

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Animals’ and develop five actions inspired by this animal. Now, choose a piece of music and perform these actions to fit the rhythm of the music you have chosen.

# Dynamically Dancing

The dynamics of a dance are the ways in which the actions are performed, for example quickly, slowly, energetically, lazily, smoothly or jaggedly. In ‘Carnival of the Animals’, part of the music represents swans. Can you perform three actions to represent the way a swan moves, using suitable dynamics?

**Can You Canon?**

Dancing in canon is when two or more dancers perform the same actions one after the other. Working with a friend or family **5** member, choose an animal from ‘Carnival of the Animals’ and perform three actions inspired by this animal in canon.

# Mirror My Moves

Mirroring is a dance technique in which two dancers face each other and perform actions at the same time but using opposite **6** body parts so they look like they are reflecting each other. Working with a friend or family member, choose an animal from ‘Carnival of the Animals’ and together try mirroring three actions that are inspired by this animal.