



To celebrate the upcoming Olympic Games in Tokyo this summer your task is to create an Olympic themed dance sequence.

	Task	Success Criteria
1	<p>Create 5 poses that represent a different sport – these poses should be held for at least 3 seconds.</p> <p>Label them 1, 2, 3, 4, and 5.</p>	5 poses
2	<p>Use different actions to create transitions between each pose, from pose 1 to 2, then 3 to 4 etc. These transitions should again represent a different sport in the Olympics. These transitions should be moving actions e.g. swing, kick, run, jump.</p> <p>You should now have a short sequence. Practice this so that it flows from one to the next with no breaks and pauses.</p>	Short sequence
3	<p>Add a starting and ending position to your sequence so that you up with a completed Phrase (this is called a Motif)</p> <p>SP – Starting position T – Transition PN – Pose Number EP – Ending position</p> <p style="text-align: center;">S – T – PN1 – T – PN2 – T – PN3 – T – PN4 – T – PN5 – T - EP</p>	Finished sequence
4	<p>Show your dance to an audience – This could be your family live or via Zoom, facetime etc.</p> <p>Can they tell what your dance is based on? Can they identify the different Olympic sports you included in your sequence.</p>	Identify Olympic/Sport theme

