




Disney ON ICE

EDUCATION PROGRAMME

Fit to Dance

FAMILIES

INTRODUCTION

WELCOME TO THE FIT TO DANCE FAMILIES RESOURCE. ✨

Please use these resources to have fun and get active as you and your children create stories and dances in the way that you feel is best for you.

Younger children may enjoy drawing and creating a very simple story and dance that is focussed on just one character, whilst older children might prefer to follow the suggested structure which is based around the idea of a quest or journey with a purpose.

In the quest, children first create a story by choosing characters, settings and obstacles, then they turn the story into a dance sequence. There are four downloads to support this and they include lots of ideas for creating and telling stories and dance in other ways so do take a look whatever you are thinking about doing:

THE STORY IDEAS SHEET ✨

You can use the characters, settings and obstacles on this sheet as inspiration to help create your story.

THE DANCE IDEAS SHEET ✨

Here you'll find suggestions about how to connect the features of their story with movements so it's easy to work out how to tell your story in a dance.

THE DANCE STEPS SHEET ✨

You might find these suggested dance steps useful when your children are thinking about dance movements for particular characters.

THE STORY SHEET ✨

This is a blank working space for the children to draw pictures, write their stories and plan their dances.

GOOD LUCK AND HAPPY DANCING! ✨

