



SCHOOLS

Produced by Feld Entertainment

Disney  
ON ICE  
EDUCATION PROGRAMME

Fit to  
Dance

## PE LESSON RESOURCES

### DANCE INSPIRATION CARDS

The Dance Inspiration Cards are designed to start the children dancing and provide simple movement ideas for characters, settings and obstacles. You can cut them out and use them in your teaching of the dance lessons.

The first set is the Characters Cards. You will find simple eight-count dance phrases for the ten suggested characters. Use these as a starting point for character movement ideas and ask children to use their creativity to extend the movements or make up new ones.

The second set is the Settings Cards. You will find suggested actions for children to use when in character, moving through the setting.

The third set is the Obstacles Cards and provides ideas for dance sequences to use with the children. There are different levels of complexity for each obstacle and they can be used individually, in pairs or as a whole class.

#### CHARACTERS

#### DANCE MOVEMENT IDEAS

##### Mermaid / Fish

Using their arms to act as fins/flippers to move through the water. Use levels to show the pathway of the swimming in the water.

##### Dance phrase:

- Counts 1 and 2 - Jump forward to dive down in the water, ducking your head under like diving off a board
- Count 3 - Quick step to the right
- Count 4 - Move arms to act as fins in a ripple effect
- Count 5 - Quick step to the left
- Count 6 - Move arms like fins again
- Counts 7 and 8 - Twirl on the spot



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### **DANCE INSPIRATION CARDS**

#### **CHARACTERS**

#### **DANCE MOVEMENT IDEAS**

##### **Fairy**

Children run lightly on their tiptoes around each other. Stop and twirl with arms stretched out wide as they are carried away by the wind.

##### **Dance phrase:**

- Count 1 - Step onto left foot
- Count 2 - Hop on left foot
- Count 3 - Step onto right foot
- Count 4 - Hop on right foot
- Counts 5 and 6 - Arms float up to meet above head
- Counts 7 and 8 - Arms float back down to sides

##### **Army soldier**

Strong uniformed marching - to turn and change direction, pivot on one foot to  $\frac{1}{4}$  turn (still with a marching action). Keep arms straight and swing them with opposite hand to foot. Add in a salute.

##### **Dance phrase:**

- Counts 1 to 4 - Four military marches forward (knees up high)
- Counts 5 and 6 - Salute
- Counts 7 and 8 - Two steps on the spot to turn  $\frac{1}{4}$  turn to side

##### **Dragon**

Big, heavy and powerful movements.

##### **Dance phrase:**

- Start with legs wide apart and bend knees
- Counts 1 and 2 - Swing body down and look to the right
- Counts 3 and 4 - Then back the opposite way
- Count 5 - Walk forward a step
- Count 6 - Crouch low
- Counts 7 and 8 - Jump up into a fierce 'dragon pose'



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#### **CHARACTERS**

#### **DANCE MOVEMENT IDEAS**

##### **Prince / Princess**

Standing tall, shoulders back and chin up. Taking long strides - walking heel-toe, heel-toe etc. Bowing or curtsying occasionally.

##### **Dance phrase:**

- Counts 1 and 2 - Step to left then bow/curtsey
- Counts 3 and 4 - Step to right then bow/curtsey
- Counts 5 to 8 - Walk in a small circle pathway (head up high, shoulders back, hands behind back)

##### **Witch / Wizard**

Standing hunched over, head as low as possible, fingers spread out and bent to make witchy hands.

##### **Dance phrase:**

- Counts 1 and 2 - Take two small shuffling steps
- Counts 3 and 4 - Wave wand in a figure of eight to cast a spell
- Repeat the four counts

##### **Snowman**

Children imagine they are being built into snowmen. They begin crouched on the floor hugging their knees. When they put their arms out, they should keep their elbows close to the body and just have their forearms and hands out (like sticks).

##### **Dance phrase:**

- Counts 1 and 2 - Roll up to standing position, but keep head down
- Counts 3 and 4 - Roll head up
- Counts 5 and 6 - Screw carrot nose on
- Count 7 - Left arm sticks out
- Count 8 - Right arm sticks out



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##### **Bear**

Children plod heavily and slowly in the space on all fours. Children create claw actions with their hands. Use hands as paws to show actions of trying to catch fish in the stream.

##### **Dance phrase:**

- Count 1 - Plod left foot and arm forward
- Count 2 - Plod right foot and arm forward
- Counts 3 and 4 - Repeat
- Counts 5 and 6 - Reach arm to scratch their back
- Counts 7 and 8 - Big yawn

##### **Goblin**

Children make quick movements, staying in a hunched over shape with hands and arms in close to the body.

##### **Dance phrase:**

- Counts 1 and 2 - Hop from right foot to left foot, knees up high (quick pace)
- Counts 3 and 4 - Move head forward as if searching around the room for something - they may want to add an evil sneer!
- Counts 5 to 8 - Repeat on the other side

##### **Sportsperson**

Show some actions of 'limbering up' with a few lunges, jumping jacks, running quickly on the spot etc. Children decide the sport; perhaps they are practising archery or being a javelin thrower.

##### **Dance phrase:**

- Count 1 - Stretch arm over to the left
- Count 2 - Stretch arm over to the right
- Counts 3 and 4 - Bend down and touch toes
- Counts 5 and 6 - Practise their chosen sport
- Counts 7 and 8 - Punch the air to celebrate!



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## **PE LESSON RESOURCES**

### **SETTINGS CARDS**

#### **SETTINGS**

#### **DANCE MOVEMENT IDEAS**

##### **Forest / Woodland**

Swinging or dodging through the trees, climbing up to the top of a tree and looking out. Marching, running, skipping, picking fruit, looking out for the castle.

##### **Snowy Mountain**

Rolling down the mountain, dragging their legs to wade through the snow, slipping over on the ice and building snowmen.

##### **Under the Sea**

Using their arms to act as fins as if they're swimming under the water. (Watch Natasha do this in the 'Creating the perfect place to dance' video on the Resources for Schools page of our website.) Search high and low for lost treasure, roll through the sand in the sea bed and swim with dolphins.

##### **Dark Cave**

Stretching arms and hands out in front to show that they cannot see in the cave. Tiptoe, crawl or roll under rocks. Search through the dark cave using a torch, swinging arm around to look up high and low. Make a fire.

##### **The City**

Children imagine they are travelling through a busy city full of cars and people rushing to get to work on time. They could be looking at their watch, selling newspapers, listening to music or going for a morning run.



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## **PE LESSON RESOURCES**

### **OBSTACLES CARDS**

#### **OBSTACLES**

#### **DANCE MOVEMENT IDEAS**

##### **Lily Pad Lake**

The lake needs to be crossed to reach the magical item. The only problem is there is a crocodile lurking underwater. The lily pads can help the characters to cross the lake.

Place bean bags or rubber mats on the floor to help children to see the position of the lily pads. How will they travel across? Use leaps and jumps to move across.

Children should think about how their character will travel across and the pace they can do it, e.g. a fairy can leap elegantly across as she is light, whilst a bear could be slow and clumsy and may fall in! Practise balancing by stopping on a lily pad and staying for a few seconds on one leg.

##### **Enchanted Pear Orchard**

In the 'Creating the perfect place to dance' video on the Resources for Schools page of our website, Natasha shows how you can dodge between the trees. Ask children to think of other ways of moving through the pear orchard; this could be jumping, running, hopping, or leaping. They need to be careful to dodge out of the way of the falling pears. Build up on the basic travelling movement by asking children to change direction, level or add a transition movement. For example, they could leap from side to side, and then duck down to dodge a falling pear.

Split the class into two groups. One group will be the trees and the other will be the characters who are running through the enchanted orchard. The trees will stand tall. Alternatively, you can explore different shapes with them. Ask the children to stand on one leg or stretch out in a star shape.



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### **OBSTACLES CARDS**

#### **OBSTACLES**

#### **DANCE MOVEMENT IDEAS**

##### **The Sleeping Troll**

The troll lies asleep in a dark cave. Ask the children to crawl or tiptoe slowly and have their arms stretched out in front of them as they feel their way through the dark cave. When they hear the troll snoring, they can carefully roll or creep past him. Make a signal to the children, e.g. shaking a tambourine, to alert them that the troll has stirred, and children have to freeze on the spot.

##### **Icy Bridge**

They begin the ascent of the bridge and reach an icy patch that their feet are sliding on. They must walk slowly with caution; sometimes they slip on the ice and they may begin to wobble/fall. Further on the bridge, sharp icicles hang above off of the trees; the icicles are beginning to melt and are falling from the trees - use quick dodging movements to avoid being hit by an icicle. To finish, coming down the other side of the bridge is like an icy slide - explore the best way to get down the bridge, e.g. shuffle on their bottoms, let their feet slide down the ice as if they are ice skating - maybe a little out of control, or sliding down on their bellies like penguins.

##### **Whirlpool**

Set the scene underwater. There is a strong whirlpool in the centre of the room which is pulling the characters in. Ask children to stand on the outside, holding hands in a circle, waving their arms in a ripple effect. In canon formation, one child begins to break away and travel slowly towards the centre in a spiral movement, closing in on the middle. The next child follows and so forth. As they approach the centre, they begin to speed up, spinning/swimming faster into the whirlpool. Once they reach the centre, they drop down to the floor and roll away.