



FAMILIES

Produced by Feld Entertainment

Disney
ON ICE
EDUCATION PROGRAMME

**Fit to
Dance**

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 five downloads to support this and they include lots of ideas for creating and telling stories and dance:

THE STORY IDEAS SHEET

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

THE STORY SHEET

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

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 CHARACTERS INSPIRATION SHEET

Here you'll find character ideas along with descriptive words to inspire your children in their writing or dance performance.

GOOD LUCK AND HAPPY DANCING!