

Big idea 8

Dance and gymnastics

Big idea 8 provides some great ideas for getting students involved in dance and gymnastics.

Dance

- Have a lunchtime disco.
- Study colonial dance such as square dance, folk dance or bush dance.
- Study multicultural dance styles such as Bollywood, flamenco or tinakling and invite someone to take workshop sessions.
- Students could create new dance styles and teach them to their classes.
- Hold lunchtime cheerleading sessions for students.
- Students could create their own video clip of dance routines.
- Choreograph routines that use health issues or sport as the focus.
- View music videos and critique them in relation to health issues.
- Invite a dancer to come and speak on the profession.
- Invite a company to perform at your school or attend a performance.
- Visit a dance studio and observe a class or a rehearsal.
- Study Indigenous Australian dance.
- Study different dance styles and invite experts along to hold classes. Styles could include tap, jazz or Broadway, hip-hop, ballet or ballroom.

Gymnastics

- Conduct a gymnastics clinic.
- Get a gymnastics coach along to run lessons.
- Introduce aerobics, acrobatics and cheerleading as part of the gymnastics program.