

KEEP ACTIVE AT HOME WITH UDOIT DANCE FOUNDATION

It's really important we keep learning and keep active at home. If you have been given this task sheet, you are in for a super fun challenge that will give you new skills, get your body moving and we guarantee you will have a lot of fun!
Please share your progress with your friends, family, teachers and also us @udoitdancefoundation

Getting Started:

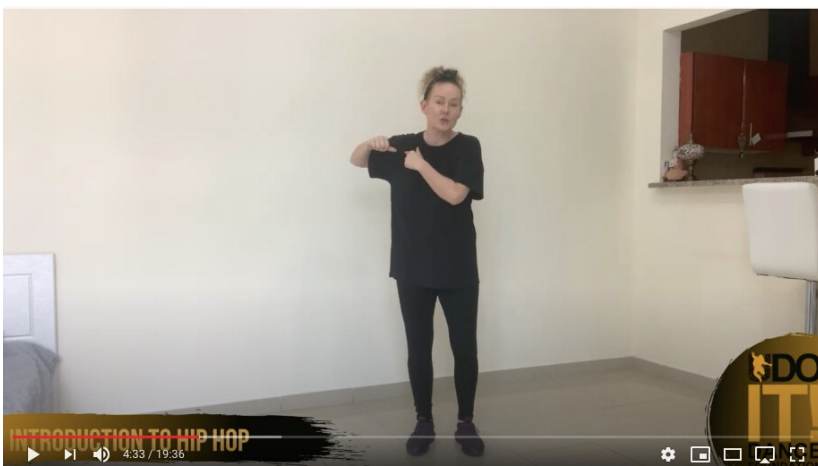
- Find yourself a room in the house with enough space to move without hitting any objects/ furniture
- Put on some comfy non- restricting clothes
- Use your smart phone/ tablet to scan the QR code, you can then airplay this video to your TV if you have the function to do so

Learning Objectives:

- Understand how to move to the down & up beats of the music
- Learn the hip hop foundation movements: Bart Simpson, Bobby Brown, BK Bounce, Steve Martin, The Smurf & the Prep.
- Practice variations of the hip hop foundation moves



SCAN ME



HIP HOP FOUNDATIONS

- 1) Participate in the "introduction to Hip Hop" lesson, remember to pause & rewind the video when needed (QR Code 1)
- 2) How did you find this lesson? (**EASY / ABOUT RIGHT / CHALLENGING/ TOO HARD**)
- 3) Which of the Foundation Movements was your favourite?
- 4) Take a picture/ video of you doing the routine, use the template and send to your teacher

CHALLENGE: *Can you create your own variation of one of the foundation steps?*