**Parent Tips**

**Year 8 – Spr 2**

**Dance Skills**

1. ***Watch this video and take part in the Zumba class***– This will aid fitness development for physical strength, but also give you knowledge of a different type of fitness that can be used to develop stamina.

<https://www.youtube.com/watch?v=GaKMJgwhsAk>

1. ***Explore BBC bitesize about the skills needed for Dance***– This will aim to develop your initial understanding about the skills needed to be safe and strong and gain a better understanding of the subject area in general. You will always be able to identify the key terms of safe dance practice that is embedded in class.

<https://www.bbc.co.uk/bitesize/guides/zgnn39q/revision/1>

1. ***Take part in this Video so that you can take part in a fitness class*** – This will aid the development of fitness levels ready for the physical skills assessment. Try to identify the keys fitness elements that are spoken about its class, for example a warm up and what that entails.

[**https://www.youtube.com/watch?v=YvrtftiOOVw**](https://www.youtube.com/watch?v=YvrtftiOOVw)

1. ***Try to recreate a fitness circuit*** – This is to aid a greater knowledge about how to development the correct fitness skills for Dance, but you will also be able to use this within class for your final practical assessment. Make sure to label the exercises that you include to recap key terminology.
2. ***Create a fitness playlist to aid motivation to achieve your highest level of ability –*** This will aid aspirations for achieving the best outcomes possible with final assessments. You will also be embedding your rhythmic skills when doing each exercise.