




Disney ON ICE

EDUCATION PROGRAMME

Fit to Dance

FAMILIES

THE DANCE IDEAS SHEET

THE DANCE IDEAS SHEET ✨

These movement ideas connect directly to the characters, settings and obstacles on the Story Ideas Sheet, but whatever your children have included in their story, please use them as inspiration to help create a simple dance sequence.

On the Materials page of the website you will find some videos of *Disney On Ice* skaters and performers talking about telling stories through dance that will help you and your children to put your ideas together. There are also some music tracks that you can stream as a backdrop to your dance.

Begin with the characters and think about how they would move 'in character' e.g. light, nimble and quick for a fairy, or big, heavy and powerful for a dragon. You can also think about how the setting would affect movement.

Then think about the obstacles and some simple movements that the children can do as they work their way around, under, over or across the problem.

Finally, bring it all together in a sequence that tells your story, from the beginning to the end. If you are working with a number of children or have other family members or responsible adults who want to join in, then you can expand your dance as you wish.

The Dance Steps Sheet might also provide useful ideas, especially for older children who want to put more complex dance sequences into their routines.

MOVING IN CHARACTER ✨

- ★ A mermaid or fish: Using arms to act as flippers or fins as they wriggle through the water.
- ★ A fairy: Running lightly on tiptoes, using darting and inquisitive movements.
- ★ A dragon: Big, slow, ponderous movements. Powerful and strong. Breathing fire.
- ★ An army cadet: Marching briskly. Standing straight. Saluting and standing to attention.
- ★ A prince or princess: Standing tall and proud, chin up. Taking long strides, heel to toe. Bowing and curtsying.
- ★ A bear: Plodding heavily on all fours. Rearing up from time to time. Scratching and yawning.






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CHARACTERS MOVING IN SETTINGS

-  In woodland: Swinging or dodging through the trees. Skipping, reaching up to pick fruit. Climbing trees.
-  On a snowy mountain: Dragging legs through thick snow. Throwing snowballs. Rolling up a big snowball and making a snowman.
-  Under the sea: Wriggling hands and arms to swim. Twisting around rocks and seaweed. Hiding from sharks.
-  A dark cave: Stretching out arms to feel the way. Moving cautiously and feeling with feet and hands. Holding a torch and shining it in all directions.
-  In a city: Walking or running along a street. Dodging people. Stopping to buy a newspaper. Waiting at a crossing and looking at the traffic.

DEALING WITH OBSTACLES

-  The lily pad lake: Jump from lily pad to lily pad. Don't stop or you will sink!
-  The enchanted pear orchard: Keep looking upwards to dodge the rotten pears as they come flying towards you.
-  The sleeping troll: Moving as quietly as possible in the troll's cave. Crawling or tiptoe, hands out in the dark. Be ready to freeze if the troll stirs.
-  The icy bridge: Sliding feet forward very cautiously up to the crest of the bridge then sitting down and sliding down the other side.
-  The whirlpool: Resisting the pull of the waters. Fighting against the force, arms being pulled inwards, helping each other to get away.

