




# Disney ON ICE

EDUCATION PROGRAMME

## Fit to Dance

### SCHOOLS



## DANCE LESSONS

### DANCE INSPIRATION CARDS



The Dance Inspiration Cards are designed to start the children dancing and provide simple movement ideas for characters, settings and obstacles. You can cut them out and use in your teaching of the dance lessons.

The first set is the Characters Cards. You will find a simple eight count dance phrases for the ten suggested characters. Use these as a starting point for character movement ideas and ask children to use their creativity to extend the movements or make-up new ones.

The second set is the Settings Cards. You will find suggested actions for children to use when in character moving through the setting.

The third set is the Obstacles Cards and provides ideas for dance sequences to use with the children. There are different levels of complexity for each obstacle and can be used individually, pairs or as a whole class.

#### CHARACTERS

#### DANCE MOVEMENT IDEAS



#### Mermaid / Fish

Using their arms to act as fins/flippers to move through the water. Use levels to show the pathway of the swimming in the water.

#### Dance phrase:

Count 1 and 2 – Jump forward to dive down in the water, ducking your head under like diving off a board.


Count 3 – Quick step to the right

Count 4 – Move arms to act as fins in a ripple effect

Count 5 – Quick step to the left

Count 6 – Move arms like fins again

Count 7 and 8 – Twirl on the spot







Disney  
**ON ICE**  
EDUCATION PROGRAMME

**Fit to  
Dance**

SCHOOLS

DANCE LESSONS  
DANCE INSPIRATION CARDS

CHARACTERS

DANCE MOVEMENT IDEAS

Fairy

Children run lightly on their tiptoes in and out of each other. Stop and twirl with their arms stretched out wide as they are carried away by the wind.

**Dance phrase:**

Count 1 – Step onto left foot

Count 2 – Hop on left foot

Count 3 – Step onto right foot

Count 4 – Hop on right foot

Count 5 and 6 – Arms float up to meet above head

Count 7 and 8 – Arms float back down to sides

Army soldier

Strong uniformed marching – to turn and change direction, pivot on one foot to ¼ turn (still with a marching action). Keep arms straight and swing them with opposite hand to foot. Add in a salute.

**Dance phrase:**

Count 1 to 4 – Four military marches forward (knees up high)

Count 5 and 6 – Salute

Count 7 and 8 – Two steps on the spot to turn 1/4 turn to side

Dragon

Big, heavy and powerful movements.

**Dance phrase:**

Start with legs start wide apart and bend knees.

Count 1 and 2 – Swing body down and look to the right

Count 3 and 4 – Then back the opposite way.

Count 5 – Walk forward a step

Count 6 – Crouch low

Count 7 and 8 – Jump up into a fierce 'dragon pose'






Disney  
**ON ICE**  
EDUCATION PROGRAMME

*Fit to*  
**Dance**

SCHOOLS

DANCE LESSONS  
DANCE INSPIRATION CARDS

CHARACTERS

DANCE MOVEMENT IDEAS

Prince / Princess

Standing tall, shoulders back and chin up. Taking long strides – walking heel-toe, heel-toe etc. Bowing or curtsying occasionally.

**Dance phrase:**

Count 1 and 2 – Step to left then bow/ curtsy

Count 3 and 4 – Step to right then bow/ curtsy

Count 5 to 8 – Walk in a small circle pathway (head up high, shoulders back, hands behind back).

Witch / Wizard

Standing hunched over, head as low as possible, fingers spread out and bend to make witchy hands.

**Dance phrase:**

Count 1 and 2 – Take two small shuffling steps

Count 3 and 4 – Wave wand in a figure of 8 to cast a spell

Repeat the four counts.

Snowman

Children imagine they are being built into snowmen. They begin crouched on the floor hugging their knees. When they put their arms out, they should keep their elbows close to the body and just have their forearms and hands out (like sticks) It should be jerky movements.

**Dance phrase:**

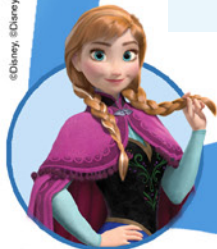
Count 1 and 2 – Roll up to standing position, but keep head down

Count 3 and 4 – Roll head up

Count 5 and 6 – Screw carrot nose on

Count 7 – Left arm sticks out

Count 8 – Right arm sticks out






Disney  
**ON ICE**  
EDUCATION PROGRAMME

*Fit to*  
**Dance**

SCHOOLS

DANCE LESSONS  
DANCE INSPIRATION CARDS

CHARACTERS

DANCE MOVEMENT IDEAS

**Bear**

Children plod heavily and slowly in the space on all fours. Children create claw actions with their hands. Use hands as paws to show actions of trying to catch fish in the stream.

**Dance phrase:**

Count 1 – Plod left foot and arm forward  
Count 2 – Plod right foot and arm forward  
Count 3 and 4 – Repeat  
Count 5 and 6 – Reach arm to scratch their back  
Count 7 and 8 – Big yawn

**Goblin**

Children make quick movements, staying in a hunched over shape with hands and arms in close to the body.

**Dance phrase:**

Count 1 and 2 – Hop to right foot to left foot, knees up high (quick pace)  
Count 3 and 4 – Move head forward as if searching around the room for something, they may want to add an evil sneer!  
Count 5 to 8 – Repeat on the other side

**Sportsperson**

Show some actions of 'limbering up' with a few lunges, jumping jacks, running quickly on the spot etc. Children decide the sport; perhaps they are practising archery or being a javelin thrower.

**Dance phrase:**

Count 1 – Stretch arm over to the left  
Count 2 – Stretch arm over to the right  
Count 3 and 4 – Bend down and touch toes  
Count 5 and 6 – Practise their chosen sport  
Count 7 and 8 – Punch the air to celebrate!






# Disney ON ICE

EDUCATION PROGRAMME

## Fit to Dance

### SCHOOLS

## DANCE LESSONS SETTINGS CARDS

### SETTINGS

### DANCE MOVEMENT IDEAS

#### Forest / Woodland

Swinging or dodging through the trees, climbing up to the top of a tree and looking out. Marching, running, skipping, picking fruit, looking out for the Castle.

#### Snowy mountain

Roll down the mountain, dragging their legs to wade through the snow, slipping over on the ice and building snowmen.

#### Under the Sea

Using their arms to act as fins as they're swimming under the water. (Watch Natasha do this in the video) Search high and low for lost treasure, roll through the sand in the sea bed and swim with dolphins.

#### Dark Cave

Stretching arms and hands out in front to show that they cannot see in the cave. Tip-toe, crawl or roll under rocks. Search through the dark cave using a torch; swinging arm around to look up high and low. Make a fire.

#### The City

Children imagine they are travelling through a busy city full of cars and people rushing to get to work on time. They could be looking at their watch, selling newspapers, listening to music or going for a morning run.






Disney  
**ON ICE**  
EDUCATION PROGRAMME

*Fit to*  
**Dance**

SCHOOLS

DANCE LESSONS  
OBSTACLES CARDS

OBSTACLES

DANCE MOVEMENT IDEAS ✨

**Lily Pad Lake**

The lake needs to be crossed to reach the magical item. The only problem is there is a crocodile lurking underwater. The lily pads can help the character to cross the lake.

Place bean bags or rubber mats on the floor to help children to see the position of the lily pads. How will they travel across? Use leaps and jumps to move across.

Children should think about how their character will travel across and the pace they can do it, e.g. a fairy can leap elegantly across as she is light, whilst a bear could be slow and clumsy and may fall in! Practise balancing by stopping on a lily pad and staying for a few seconds on one leg.

**Enchanted  
Pear Orchard**

In the video, Natasha shows how you can dodge in a jerky way between the trees. Ask children to think of other ways of moving through the pear orchard. The characters will choose a movement to travel through the forest, this could be jumping, running, hopping, leaping. They need to be careful to dodge out of the way of the falling pears. Build up on the basic travelling movement by asking children to change direction, level or add a transition movement. For example, they could leap from side to side, and then duck down to dodge a falling pear.

Split the class into two groups. One group will be the trees and the other will be the characters who are running through the enchanted orchard. The trees will stand tall. Alternatively, you can explore different shapes with them. Ask children to stand on one leg or stretch out in a star shape.








# Disney ON ICE

EDUCATION PROGRAMME

## Fit to Dance

### SCHOOLS

## DANCE LESSONS OBSTACLES CARDS

OBSTACLES	DANCE MOVEMENT IDEAS ✨
<p><b>The Sleeping Troll</b></p>	<p>The troll lies asleep in a dark cave. Ask the children to crawl or tiptoe slowly and have their arms stretched out in front of them as they feel their way through the dark cave. When they hear the troll snoring, they can carefully roll or creep past him. Make a signal to the children, e.g. shake a tambourine to alert them that the troll has stirred and children have to freeze on the spot.</p>
<p><b>Icy Bridge</b></p>	<p>They begin the ascent of the bridge, and reach an icy patch that their feet are sliding on, they must walk slowly with caution, sometimes they slip on the ice and they may begin to wobble/fall. Further on the bridge, sharp icicles hang above off of the trees, the icicles are beginning to melt and are falling from the trees - use quick dodging movements to avoid being hit by an icicle. To finish, coming down the other side of the bridge is like an icy slide – explore the best way to get down the bridge. E.g. shuffle on their bottoms, let their feet slide down the ice as if they are ice skating – maybe a little out of control, or sliding down on their bellies like penguins.</p>
<p><b>Whirlpool</b></p>	<p>Set the scene underwater, there is a strong whirlpool in the centre of the room which is pulling the characters in. Ask children to stand on the outside, holding hands in a circle, waving their arms in a ripple effect. In canon formation, one child begins to break away and travel slowly towards the centre in a spiral movement, closing into the middle. The next child follows and so forth. As they approach the centre, they begin to speed up, spinning/swimming faster into the whirlpool. Once they reach the centre, they drop down to the floor and roll away.</p>

