

## SCHOOLS

# Fit to Dance

## TEACHERS' INTRODUCTION

### INTRODUCTION

Welcome to Fit to Dance, the *Disney On Ice* primary school teaching and learning resource.

Magical storytelling through dance is at the heart of all *Disney On Ice* shows, and by working through Fit to Dance children are inspired to have fun and get active as they create their own stories and then turn them into a dance sequence.

The resource offers a total of eight lessons lasting around 40 minutes each. The first four support English literacy through a story builder process that results in the class developing a simple story. The second four lessons support the P.E. dance curriculum and enable the children to build a simple dance sequence to tell their story.

### AGE RANGE

*Disney On Ice* shows are for everyone, but we know the shows are especially popular with children aged between four and eight years old and that your school group is likely to be in that age range. We have planned the lessons to broadly support Key Stage one classes, but you can adapt them for older and younger children where appropriate.

The lessons are structured so you work together as a class to develop one single story which everyone contributes to and then go on to create a whole class dance routine based on the narrative. However older and more able children may be able to create their own unique story in pairs or small groups, and then work in the same groups to build their dance routine, so that you end up with a number of different performances.

### IN THE CLASSROOM

We understand that flexibility is important to you, so please use the resources in the sequence suggested, or pick and mix as you see fit to support your local planning needs. The lesson plans provide a framework for your teaching and learning but we have deliberately kept the structure loose so you can adapt it for your classroom, particularly in terms of age and ability.

We have also provided worksheets and ideas to support your teaching and to help you with ideas for transferring the stories into dances.






# Disney ON ICE

EDUCATION PROGRAMME

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### MATERIALS

To help children understand what characters, settings and obstacles are, in the Materials area we have provided a range of photographs from *Disney On Ice* performances, which you can show on your whiteboard and discuss with your class. We hope these will help to inspire ideas and responses from your children when they are working on their story.



When you move onto the dance lessons you can use the videos which feature skaters and performers from the shows to help the children develop ideas for movements, gestures and sequences. We have also provided music tracks which you can stream to use as background atmosphere whilst you are working on your stories and as a dance track for the P.E. lessons.

### FEEDBACK

We would love to hear how you get on with Fit to Dance and would be really pleased to receive photos or feedback via our email address ([FitToDance@feldinc.com](mailto:FitToDance@feldinc.com))

We hope you and your class have fun being creative and active with Fit to Dance. If you want to encourage your children to continue with Fit to Dance at home, then the Families area of this website offers a similar programme for use in homes.




**GOOD LUCK AND HAPPY DANCING!**   

