

5 Dance Worksheets

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Star Dancer Worksheet

Flexibility Worksheet

Dance Props Worksheet

Character Worksheet

Dance Inspiration Worksheet

STAR DANCER WORKSHEET

Research a famous dancer. This dancer can be living or deceased, and from any genre of dance. Inside the star below, write the name of your famous dancer. Then, in a few complete sentences, tell why your dancer is famous. Cut out your star. Find and print a picture of your famous dancer. Hang the picture of your famous dancer from the star using a piece of string. Hang the star from a door or wall as a decoration!



FLEXIBILITY WORKSHEET

Flexibility for the dancer means being able to stretch and move without injury. Dancers need to be able to move joints in a full range of motion, which can only be done when the muscles are flexible. Flexibility can be improved with routine stretching. Make a chart of five stretches, following the example.

STRETCH	DESCRIPTION	MUSCLES ENGAGED
Straddle	sit on floor, legs straight and apart reach hands to toes and head to floor	inner thigh, low back

Each stretch needs to be held for 15 seconds. Once you have gone through holding all six stretches (including the example of the straddle) for 15 seconds, do these six stretches twice more for a total of three sets. Now you have created a stretching routine. Do this routine every day for six days in a row. After six days, describe below how you feel. Do you feel more flexible in these muscles, or do you feel any soreness? Are you ready to try new stretches, or do you feel this first set of stretches still needs more work? Please explain by using complete sentences.

Dance Props Worksheet

Props are used in dance sometimes to help tell a story, but sometimes to help create movement. Below are five common props used in dance. Next to each prop, jot down some ideas of ways to use that prop in dance.

SCARF _____

CHAIR _____

FLOWER _____

WAND _____

DRUM _____

What is your favorite prop to use while dancing? Why is this your favorite prop? Please use complete sentences to answer this question.

Name five additional props that you think would be fun to use while dancing:

Character Worksheet

We are going to take a character from a book, and make that character dance! Pick a book from a library or from your home. Read the book from cover to cover, then answer the following questions.

Name the book you chose: _____

Name the author of the book: _____

Who is your favorite character in the book, and why? Please use complete sentences.

List five action verbs that your character does in the book. An action verb tells what your character has done or is doing.

Create movement to show these action verbs. They can be in any order of your choosing, or can follow the order of the story in your book.

Continue molding your movements until they become easy for you to do in one dance phrase. A dance phrase is “a brief sequence of related movements that have a sense of continuity and artistic or rhythmic completion”.

Video yourself dancing your character phrase. Provide a link to your video, or share it by other means with your teacher.

Dance Inspiration Worksheet

Each dance begins with an inspiration. An inspiration is a thought, a picture, a song, or an idea that makes you want to dance. What are your inspirations for dance? Name three inspirations below and explain why you think these could be turned into a work of dance art.

1. My inspiration is: _____

I think this would make a good dance
because _____

2. My inspiration is: _____

I think this would make a good dance
because _____

3. My inspiration is: _____

I think this would make a good dance
because _____
