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## RUGBY DANCE



Suggested Age 4+

Duration 10 min+

Group size 1+

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

### Dance Task

Think about the shapes from rugby that you see on the pitch. It could be the shapes the players make – when they score a try, make a tackle, or it could be other shapes you see around the stadium, the ball, the posts or even the stadium itself.

Choose four that you think look fun and exciting. Having some shapes that are up high and some that are down on the ground will give your dance variety!

Here are some ideas:

- Try
- Rugby ball
- Pass
- Tackle
- Throw
- Goal posts

Once you have your shapes, think about ways you could join them together. For example, could you turn from a high shape to a low shape? Could you jump from a low shape to a high shape?

Here are some movements you could use:

- Jump
- Roll
- Turn
- Hop
- Skip
- Gallop

If you want to challenge yourself even more you could combine two together, what if you jump and turn? Now you have your dance see if you can remember it without pausing to think!

**This activity helps to:**

- Developing memory and sequencing
- Find creative ways to use the body
- Develop focus
- Writing
- Drawing
- Motor Skills

**Other ideas:**

- Can you make a duet with someone else?
- Can you change the speed of your movements? With some fast and some slow?