

Workshop Weekends Country Garden Task

Have you learnt our Country Garden dance?

Country Garden is all about different things you see and do in the countryside.

Can you think of things you see when you are out walking in the country and different jobs, animals or machinery you see on a farm?



We are going to create our own fun dance that includes all sorts of actions that we might do in the country.

Can you choose 4-6 things on the list below (or make your own) and create an action that shows the idea? Think of being as big as you can possibly be, using your whole body and let your imaginations run wild.

Sprinkling seeds

Riding horses

Feeding animals

Playing golf

Being an animal and eating

Digging and planting

Mowing and cutting

Raking

Buzzing Bees

Swatting flies away

Having a picnic

Riding a tractor

Now you have your actions we have some more challenges for you!

- Can you perform each move twice? We call this repetition, when you dance a move more than once.
- Can you do any of your moves walking backwards?
- Can you do any of your moves on the floor or as high up as possible? Even jumping?
- Can you turn any of your moves?

It's fun to play! Now choose an order to perform your moves so that they become a whole dance. You can use some of the challenges above to make it more interesting. You might need to practice it a bit to get it smooth and feeling good.



Here is some music to perform it to.

Have fun and enjoy your trip to the country!