



Level 3 Activities

Dice Dance

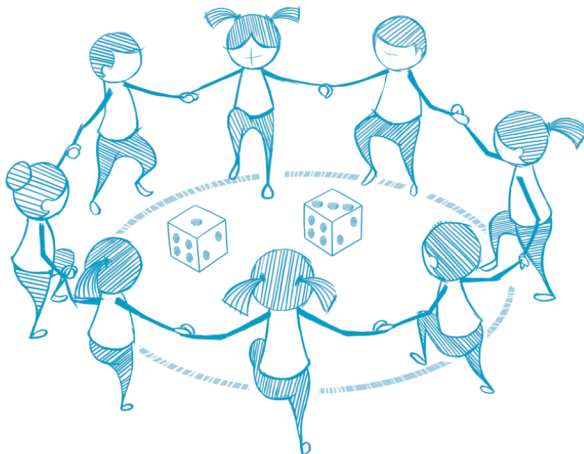
Equipment Needed

A dice, music.

How to play

Play a piece of music. Roll a dice. If it lands on...

1. Travel for eight beats
2. Hold a shape for eight beats
3. Move two body parts only
4. Freestyle for eight beats
5. Travel at a low level for eight beats
6. Travel at a high level for eight beats



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

Shape Outline

Equipment Needed

Music.

How to play

Play a piece of slow music that you like. Do the following actions to the music:

- Make a shape (eight beats)
- Hold the shape (eight beats)
- Change into a different shape (eight beats)
- Include five different shapes in your dance, such as a narrow, curled, straight, twisted, wide or symmetrical shape.



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 2 Page 2](#)



Level 3 Activities

Pretty Prop Dance

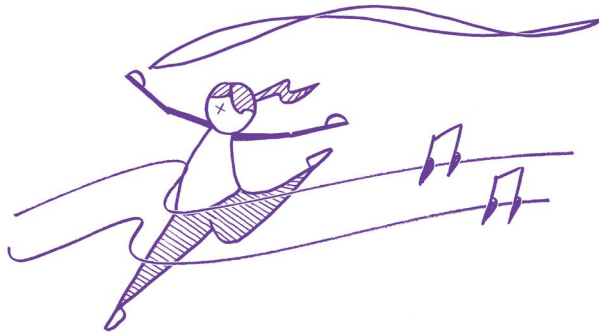
Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Play a piece of music and using your scarf in your hand:

- Trace letters or numbers through the air
- Travel with the scarf
- Throw and catch the scarf
- Create your own dance



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 4 Page 2](#)



Level 3 Activities

Choose your Song!


Equipment Needed

Music.

How to play

Choose a song of your choice and dance freestyle on your own or with someone at home.



Adapted from  www.gonoodle.com



Level 3 Activities

La Vinca

Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Watch the video and copy the steps. Can you teach someone the dance?

Formation:

A dance for two. One person holds the other, like in a waltz formation. One person stands with their back to the centre of the room.

Bars 1-8 : 16 sliding steps clockwise

Bar 9: Loose hold and 3 stamps facing partner

Bar 10: Clap own hands 3 times

Bar 11: Shake right forefinger at partner 3 times

Bar 12: Turn right around with 3 running steps

Bar 13-16: Repeat Bars 9-12

Repeat the whole dance.



Adapted from  [PDST Folk Dance Resource](#)



Level 3 Activities

Practising “Luascadh”

Equipment Needed

Music.

How to play

With someone at home, face each other and clasp your right hands together in front of your chest. Hold your partner’s right elbow with your left hand. Place your right foot to centre. Lean back and swing together in a clockwise direction. Practise the movement to Irish Reel music.



Adapted from  [PDST Folk Dance Resource](#)