


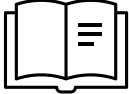




CAISTER ACADEMY
Creative Education Trust
School of Literature
and Performing Arts

Be An Excellent Dancer

#LovetoLearn

Year 7 - Become a dancing star!

Watch 	Read 	Listen 
	Read the following article around dance and the brain https://hms.harvard.edu/news-events/publications-archive/brain/dancing-brain	Find a piece of music you would like to create a dance to.
Practice	What?	Who?
Create your own roll down exercise, that uses pliés and core.	What are the influences for Contemporary dance?	Who is Merce Cunningham?