**Year 9 Dance**

**SAFE PRACTICE ACTIVITIES**

Name Class

**Below are six words that describe the best course of action when you have an injury, eg. sprained ankle. Only four of them are correct.**

 Select the **4 correct** words.

 Put them in order, so that the first letter of each word spells another 4 letter word.

ELEVATE WARM REST ICE LOWER COMPRESS Write in order the process for injury.

The new word is:

This is an acronym to help you remember the process for injuries in dance

**What can you do to avoid injury in the dance studio?**

Think about what you wear, what the space should be like, how you behave. There should be a list of **8** things.

1

2

3

4

5

6

7

8

**Warming up is very important.**

 Think about an appropriate warm up for the beginning of a dance class.

Describe an exercise, with diagrams if necessary that we could use to warm up with at the start of the dance class.

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Describe what each exercise is meant to warm up and why.

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**Now that you have worked through the earlier activities, draw a diagram of the studio labelling what health and safety issue there are for example teacher desk.**

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Explain why each of the things you have identified is a health and safety issue and how this can be prevented.

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Create a word search using dance language you have covered in class this year. A few ideas to start you off

1. Jump 7 13
2. Turn 8 14
3. Travel 9 15
4. Stillness 10 16
5. Fall 11 17
6. Gesture 12 18

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