

# INTERNATIONAL DANCE DAY

*April 29th*



*(Pedagogical Guide)*

Primary A1 Level

Secondary A1 Level

6th -7th - 8th grades

La **BOGOTÁ**  
que estamos construyendo

*#InternationalDanceDay*



ALCALDÍA MAYOR  
DE BOGOTÁ D.C.

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*“Get up off of that thing.  
Dance and you’ll feel better.”*

*– James Brown (quote from a song)*

IMAGE FROM PEXELS.COM

## ABOUT INTERNATIONAL DANCE DAY

In 1982 the Dance Committee of ITI (International Theatre Institute) founded **International Dance Day** to be celebrated every year on the **29<sup>th</sup> of April**, the birthday of Jean-Georges Noverre (1727-1810), creator of modern ballet. The intention of the International Dance Day message is to **celebrate dance**, revel in the universality of this art form, cross all political, cultural and ethnic barriers, and bring people together with a common language – the language of dance.

Every year a message from an outstanding choreographer or dancer is circulated throughout the world. The author of the message is selected by the International Dance Committee of ITI and the Executive Council of ITI. The message is translated into numerous languages and circulated globally.

Here you have some words from 2022’s International Dance Day message:

*“Dancers and choreographers need to listen more attentively to the joys and sorrows of the world, using dance to complete the dialogue we have had with nature, and life which has lasted for thousands of years.”* -YANG Liping, China Dancer, Choreographer.

\* Taken from

<https://www.international-dance-day.org/internationaldanceday.html>

## DANCING IN COLOMBIA

Latinos are known for being great dancers. Colombians are no exception. Salsa, Cumbia, Joropo, Champeta, Bambuco, among others, are part of our DNA, social condition and cultural expression. How much do you know about dances from around the world? Can you teach us some dance steps and moves using English? Join us on this journey through the International Dance Day.

## PRESENTATION OF THE GUIDE

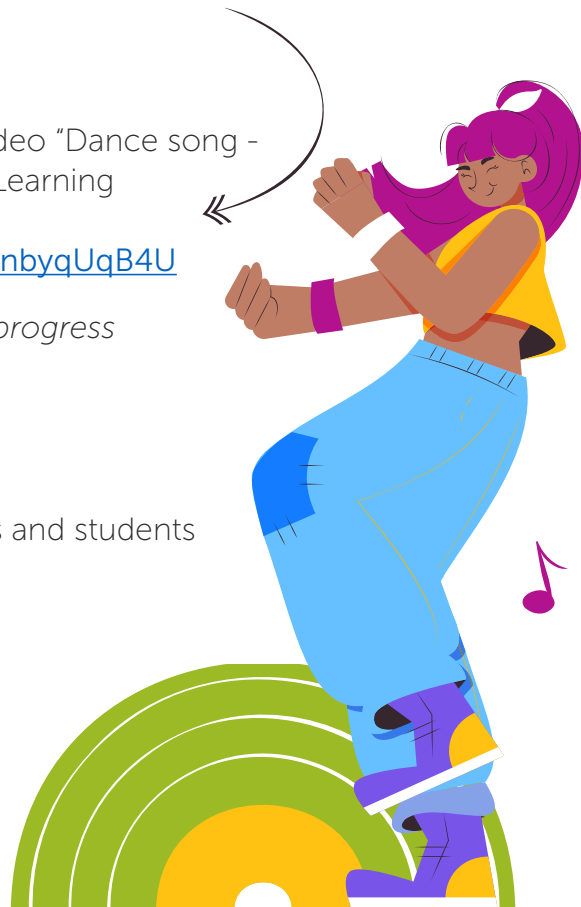
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- **Language Level:** A1
- **Aimed at:** Teachers or Students (for autonomous study)
- **Educational Level:** Primary School /Secondary 6th -7th grades
- **Duration:** 50 minutes

This guide is made up of five activities (Pre-task, During Task, Task, self-assessment, and two activities for autonomous work):

1. Warm up!
2. **Pre-task, during Task, and Task:** a video "Dance song - The Hokey Pokey | ESL Song & Story" - Learning English for Kids: (0:00 – 1:24)  
<https://www.youtube.com/watch?v=vvnbyqUqB4U>
3. Formative assessment – *Check your progress*  
\*Answers to the exercises
4. Autonomous activities.

The following chart describes what teachers and students are expected to do in every activity"



Learning Objective	By the end of this lesson, students will be able to use some dancing commands and share some dance steps they know.	
Time	Activity Description	
5 minutes	<b>Warm up!</b>	<b>The Mirror Game!</b> Students work in pairs imitating the dance moves the leader makes.
10 minutes	<b>Pre – Task 1</b> Word-matching	<b>Match each picture</b> to the corresponding description of the correct dance move.
15 minutes	<b>Pre - Task 2</b> Reading comprehension exercise	<b>Circle command verbs</b> in the lyrics of the song and follow the instructions. Sing and dance it!
20 minutes	<b>The Task</b> Show us how well you dance!	<b>Record a video</b> (one minute long) of yourself teaching some dance moves. Finally, share the video with your teacher and your classmates and challenge them to imitate the moves.
5 minutes	<b>Assessment:</b> Check your progress.	<b>Check your progress</b> using the information described in the chart.
5 minutes	<b>Autonomous work.</b> Game	<b>Find the words</b> related to types of music.
10 minutes	<b>Autonomous work.</b> Game	<b>Match the audios</b> with the dance moves commands.

*Shall we dance?*

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## 1. WARM UP!

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The mirror game is quite simple, and you need two people to be able to do it.

No music is needed. The duo first decides who is going to be the leader. They then face each other, and the leader starts to move. The other person is required to copy what the leader is doing as if they were their mirror reflection.

For dancing, you can **ask the lead students** to move in simple actions such as moving like a tree in the wind. On this link, you will find 10 easy dance moves your students can easily perform:

<https://www.steezy.co/posts/10-basic-dance-moves-anyone-can-learn>

It is a great way to gently get kids moving and sets the tone for a fun class where the students will be asked to work with others.

Taken from [\\*https://www.movedancelearn.com/10-fun-warm-up-games-for-kids-dance-ballet-class/#7-1-mirror-game](https://www.movedancelearn.com/10-fun-warm-up-games-for-kids-dance-ballet-class/#7-1-mirror-game)






## 2. PRE-TASK 1

### Activity 1. Vocabulary - Definition matching – Identify the dance moves

Watch the video:

<https://www.youtube.com/watch?v=vvnbyqUqB4U>



Move	Write the correct letter here	Description
A. 		1. Shake it all about
B. 		2. Do the hokey Pokey
C. 		3. Turn yourself around
D. 	A	4. Put your right foot in
E. 		5. Put your right foot out.

## 2.1. PRE TASK 2

### Activity 2. Identify command verbs in the song The Hokey Pokey | ESL Song & Story - Learning English for Kids

Circle the commands in the song, Then, follow them while singing and dancing the song! Who does it the best?

*You put your right foot in  
You put your right foot out  
You put your right foot in  
And you shake it all around*

*You do the Hokey Pokey  
And you turn yourself around  
And that's what it's all about!*

*You put your left foot in  
You put your left foot out  
You put your left foot in  
And you shake it all around*

*You do the Hokey Pokey  
And you turn yourself around  
And that's what it's all about!*



## 2.2. TASK

### Show us how well you dance!

Record a video (one minute long) of yourself teaching some dance moves. Finally, share the video with your teacher and your classmates and challenge them to imitate the moves.



Please, for recording your video take into consideration the following steps:

1. Think of some simple dance moves that you want to teach to your friends. Examples can be jumping, spinning or waving your arms.
2. Find a place where you can move around and dance without bumping into anything.
3. Ask an adult to help you set up a phone or tablet to record your video.
4. Say hello to your friends in the video and tell them you will be teaching them some cool dance moves.
5. Show each dance move slowly and carefully. Use simple English words to describe each move, like "jump up and down" or "spin around".
6. Practice each move a few times, and then show how to put them all together in a short dance sequence.
7. Encourage your friends to dance along with you! Tell them they can pause and rewind the video if they need to go over a move again.
8. Finish the video with a fun dance pose and encourage your friends to send in their own dance videos so that you can see how they did.

Remember to have fun and enjoy yourself while making your video! Dancing is a great way to express yourself and have fun while learning English.

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### 3. SELF-ASSESSMENT






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Now, let's check your progress and learning. How well did you do it?

Read the statements below and check your performance:

Now I can...	Well	Quite well	Excellent
I understand the commands in the song			
I matched more than 4 moves correctly			
I can replicate all the steps of the Hokey Pokey song			

### 3.1. ANSWERS

	Move	Write the correct letter here	Description
A.		C	1. Shake it all about
B.		D	2. Do the hokey Pokey
C.		E	3. Turn yourself around
D.		A	4. Put your right foot in
E.		B	5. Put your right foot out.

### 4. AUTONOMOUS LEARNING

On the links below, you will find some exercises to practice on your own.

1. Dancing Moves: Fill in the blanks vocabulary exercise <https://bit.ly/41IYA6r>
2. Listening exercise <https://www.liveworksheets.com/dm1378626ax>



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