Disney Dance workouts for 3LS, 5LS, 6LS, 8LS, 9US & 11US & Pupils with PMLD

The link below is a project by Sport England.

There are 5 dances

* ‘I Wanna Be Like You’ The Jungle Book
* ‘Your Welcome’ Moana
* ‘Under The Sea’ The Little Mermaid
* ‘Good to be Bad’ The Descendants 3
* ‘Break this down’ The Descendants 3

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

The movements on the videos will be too hard for most pupils, we encourage free dance movement.

For example: swings your arms, twist your hips, knee lifts, clap your hands, clap/tap your chair.

Encourage partner work with a sibling

Replay the same song several times so your child gets used to the music and movement.

If your child enjoys a certain Disney film the sound tracks can be found on Youtube

These are some of the film sound tracks we have used in school over the past few years

* The Lion King
* Moana
* Frozen
* Frozen 2
* Cats
* The Jungle Book