

## Singing and Dancing

The singing and dancing class is run by Miss Edmonds and takes place on a Monday. It is available to years 5 and 6 and lasts for one hour.

During the class, the children are given the opportunity to learn new dances and songs which they will later go on to perform.

The class usually begins with an aerobic warm up, followed by stretching where we discuss which muscles are being used.

Next, we work on any new songs that we have been learning and work on choreography.

To finish, the children work on their 'across the rooms'. This is a series of travelling dance movements done from one side of the hall to the other and makes up the content for most dances.

