

## Episode 5: Real Men Don't Dance

**Activity: Healthy Mind, Healthy Body****Themes: Dance Skills, Health and Wellbeing****Elements of dance: body, time, dynamics, relationships**

A body that moves releases dopamine into the brain and adrenaline into the body, both chemicals bring about positive feelings and clearer thought processes. So by dancing, not only is the body challenged physically, it is nourished mentally.

1. As a class, view the clip, *Sacrifices*, and discuss what it is about.
2. Select a carefree piece of music – and experience a circular group warm up. Invite all students to contribute to the warm up with the following movements:
  - a. A gentle action, articulating the joints
  - b. A simple repetitive action (i.e. star jumps, stepping forwards, stepping back)
  - c. A simple stretch
3. Select a popular piece of music, appropriate to the culture and age of the class. Create a feel good dance. This does not have to be difficult. Start by contributing four movements yourself as leader (i.e. knees and feet together, 4 x half knee bends, using four different arm movements). Then ask students to contribute four more steps to the dance.
4. Progressively put these dance steps together, using repetitions of two, four or eight. Rehearse the dance sequence each time you make a new addition.
5. Ask the person offering an idea to demonstrate it to the class, the first time facing the class and the second time with their back to the class. The student may also need to explain in words what they are trying to do.
6. The class collectively completes the **Student Activity Sheet E5.6: Dance Reflection**. In groups, have the students compare their responses.

**Download**

- Student Activity Sheet E5.6: Dance Reflection

### Useful resources

- [Ausdance Factsheet 16, Caring for the dancer's body](#)
- [Ausdance Factsheet 13, Safe Spaces for Dance](#)
- [Ausdance Factsheet 7, Safe Dance Floors](#)
- [Ausdance Factsheet 14, First aid for dancers](#)
- [Ausdance Factsheet 18, Occupational health safety for the dance industry](#)

### Suggested music

- Best of the Village People
- Priscilla Queen of the Desert soundtrack
- Happy Feet soundtrack
- Step Up soundtrack
- Glee soundtracks – *Bust A Move*.
- [Artists direct](#) (Free downloadable music)
- [EMD music](#) (Free downloadable music)

