

## Performing Arts Practical Challenges

### Taking part in Performing Arts has a powerful impact on our mental and physical well-being

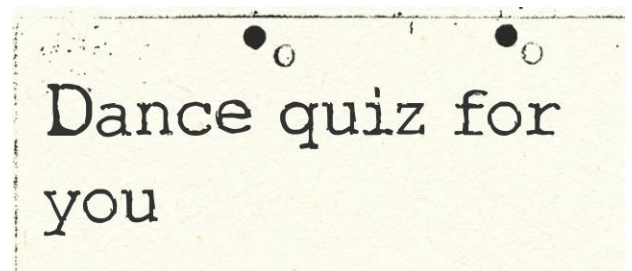
Performing Arts can help to boost our confidence and make us feel more engaged and resilient. Besides these benefits, arts engagement also alleviates anxiety, depression and stress. You can have a go at the challenges either on your own, with your family or through online platforms with friends.

As it is half term, we are giving you our normal five challenges plus **two extra** challenges to complete this week! See how many you can do. We would love to see how your challenges turn out so send any photos or videos to Mrs Ciesielski [a.ciesielski@woottonparkschool.org.uk](mailto:a.ciesielski@woottonparkschool.org.uk)

#### Practical Challenge 1 (Dance)

How much of a dance expert are you? Have a go at the quiz!

<https://www.bbc.co.uk/cbbc/quizzes/bp-are-you-a-dance-expert>  
<https://www.bbc.co.uk/programmes/p089h234>



#### Practical Challenge 2 (Dance)

To learn the #keepdancingchallenge (Part Two) from the Big Night In (Charity Event) using the BBC tutorial below. **Extra Challenge: Record yourself performing it full out!**

<https://www.bbc.co.uk/programmes/p08913j9>



WOOTTON PARK

*'Ipsam quod faciendum est diutius'*



### Practical Challenge 3 (Drama)

Puppet Maker - Make your own puppet from items found in your home and create a Puppet show for your family.



### Practical Challenge 4 (Drama)

500 word Challenge - Write a story in 500 words or less. Your story must include a Hero and a Villain.

### Practical Challenge 5 (Music)

Music Makers - Make your own musical instrument from items found in your home.

Mimi LID BANJOS



### Practical Challenge 6 (Music)

Write a poem, rap, song or piece of spoken word about your experience of lockdown.

### Practical Challenge 7 (Dance)

To learn the #keepdancingchallenge (Part Three) from the Big Night In (Charity Event) using the BBC tutorial below. **Extra Challenge: Record yourself performing it full out!**

<https://www.bbc.co.uk/programmes/p089pmhs>

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