

# Shimmy with Timmy

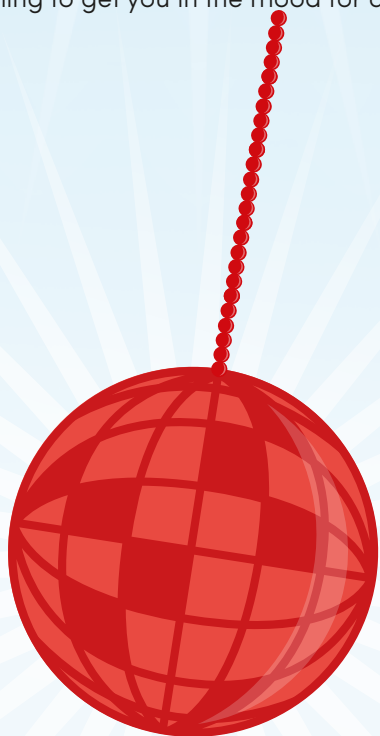
**SPORT  
RELIEF  
2016**

Friday 18 March

Timmy and his friends love to dance!  
Why not dig out your dancing shoes  
and get the children stepping, skipping,  
swaying and swinging for Sport Relief?

## What you will need

- 1 Music
- 2 Space to dance
- 3 Disco lights, a glitter ball, decorations – anything to get you in the mood for dancing!



### Early Years Foundation Stage Links

#### Physical development

- ★ Moving and handling – show good control and co-ordination in large and small movements; move confidently in a range of ways, safely negotiating space

#### Communication and language

- ★ Listening and attention – listen attentively in a range of situations; respond to what they hear with relevant actions
- ★ Understanding – follow instructions involving several actions

#### Expressive arts and design

- ★ Exploring and using media and materials – sing songs, make music and dance
- ★ Being imaginative – represent their own ideas, thoughts and feelings through dance

Collect your  
sponsorship money  
the easy way by  
setting up your own  
nursery giving page  
at [sportrelief.com/  
nurserygivingpage](http://sportrelief.com/nurserygivingpage)



# Step it up for Sport Relief

**SPORT  
RELIEF  
2016**

Friday 18 March

Get sponsored to learn the Sport Relief dance.



**1**

Watch the video of children performing 'Step it up for Sport Relief' at [sportrelief.com/nurserysong](http://sportrelief.com/nurserysong)

**5**

Set up a room as your dance studio and set the scene with a disco ball, lights and decorations.

**2**

Practise the six simple dance moves with your little ones:

- Kick to the left
- Back with a glide
- Deep sea dive
- Limbo forward
- Knees up high
- Hula hoola



**6**

Hold a dance party and get everyone showing off their moves!

**3**

Copy the 'Step it up for Sport Relief' page at the end of this PDF, give it to parents/carers and ask them to watch the video and practise the moves at home with their little ones.

**4**

Ask families to collect sponsorship for learning and performing the dance.



Order a copy of the Sport Relief pack today to get ready-made dance party invites and instructions for the 'Step it up' dance moves! Visit [sportrelief.com/nurserypack](http://sportrelief.com/nurserypack)



# Keep Dancing!

**SPORT  
RELIEF  
2016**

Friday 18 March

Why not spend a whole day or even a week dancing for Sport Relief? Here are more ideas to get you and the children moving and grooving.

## Organise a Danceathon

- 1 Organise a sponsored danceathon for an hour, morning or even a whole nursery day!
- 2 Create a playlist with songs for everyone.
- 3 Plan the time so that children of all ages, staff and parents/carers take part in the danceathon. Even your littlest ones can get involved by gently rocking and swaying with adults or joining in with action songs.
- Collect sponsorship for your marathon dancing efforts.

## Hold a Disco

- 1 Show the children videos of people dancing at a disco. Can they copy some of the moves? Can they make up their own routines with their friends?
- 2 Make a playlist of songs and encourage everyone to dress up in their best disco gear.
- 3 Make shiny signs, tickets, hats and jewellery to add extra sparkle to the event.
- 4 Ask for donations to take part. Why not hold your disco towards the end of the day, so parents and carers can join in the fun!

## Conga for the Cause

- 1 Ask children and staff to dress up following a theme, e.g. as animals, in red, in sports gear or simply pyjamas!
- 2 Put a member of staff in charge of a boom box playing loud conga music and start a giant conga line.
- 3 Dance your way around the nursery, collecting as many children, staff and parents as possible along the way!
- 4 Collect sponsorship or ask for donations to take part.

## Stage a Show

- 1 Put on a dance show for parents, carers and friends.
- 2 Why not make up your own Sport Relief dance? You could use TV sports theme tunes for musical inspiration.
- 3 Spend time with the children watching videos of people playing different sports. Can they mimic their movements and turn them into dance actions?
- 4 Sell tickets, refreshments and a recording of the performance to raise money.





# Step it up for Sport Relief

**SPORT  
RELIEF  
2016**

Friday 18 March

## Can you help?

We're going to be holding a sponsored 'Step it up' dance to raise money for Sport Relief. We've started learning the steps involved at nursery – please can you practise with your children at home?

Watch other kids performing the 'Step it up for Sport Relief' dance at [sportrelief.com/nurserysong](http://sportrelief.com/nurserysong)

Then try out the following six steps and dance along!



Any questions,  
just come  
and ask us!  
Thank you.

