



Lesson 3 - Size & Scale

Choose an object in the room that you can see,
reach towards it with a body part

Choose a different object in the room and stretch towards it
using a different body part

Repeat this until you've got 6 different stretch moves

Link them together to make a stretchy dance



Try your dance to music.

*Now mark yourself a small 1m by 1m square on the floor.
You could use tape, string or objects. Ask someone to help you
with this if you want to.*

