



TEAM UNDEFEATABLE

VIRTUAL DANCE PROGRAMME

**WE ARE
UNDEFEATABLE**



ABOUT THE PROGRAMME

**THIS IS A 10 SESSION
PROGRAMME, DEVELOPED BY
TEAM UNDEFEATABLE'S VIRTUAL
DANCE COACH, KATIE MASON.**

Dance can be a great way to get moving and this programme has been developed to be inclusive for a range of abilities and levels of experience. So why not give it a try!

The programme offers examples of individual dance moves that can also form longer sequences. This can help you build core stability, increase cardiovascular fitness and stamina, develop arm and leg strength and work on your breath with movement. Remember to start slowly and build up. Each day listen to your body and do what feels comfortable for you. All moves can be adapted to suit your condition and ability. If you feel unwell, dizzy, get sharp pains, or your condition worsens, stop and rest or seek advice.

Within the programme we encourage you to explore your own creativity and expression as well as learn specific choreography. The programme will introduce you to new moves and techniques each session, as well as helping you create a routine that you can perform at the end of the 10 sessions. You can use this programme by yourself or if you like to get active with other people – why not get friends and family involved and create your own virtual dance squad!

Each session is suggested to last around 25-35 minutes, but of course you can dance for a shorter or longer time, depending on how you feel.



KATIE'S STORY

KATIE HAS BEEN SPECIALISING IN DANCE AND HEALTH FOR MANY YEARS, PRIMARILY FOR OLDER ADULTS AND PEOPLE LIVING WITH LONG TERM HEALTH CONDITIONS.

For 3 years Katie managed the Elders Programme at Rambert Dance enabling older adults to dance across London in day centres, hospitals and studios. Katie is now freelance and works for dance companies such as English National Ballet and Rambert delivering their health work as well as running her own independent classes for older adults.

“Whenever I have taught people with health Conditions, I ensure I spend time talking to them at the beginning to really get to know how they are individually impacted, and what their goals are for the session. Sometimes, I also do my own research (for example on charity health websites, or the NHS website) so I can plan appropriate dance moves that will work with their condition.”

1

WARMING UP

If you're creating a virtual team, use this first session as a chance to get used to this new way of meeting and get to know any friends of friends who have joined the team. This could also be a good opportunity to discuss what you and the team want to get out of the sessions. This could be eventually meeting up to dance together, if and when it is safe to do so.

This first session should focus on warming up your body and stretching those muscles, so you are ready to dance!



ACTIVITY POINTERS

- To warm up, start with focusing on the breath, then move to gentle head and shoulder movements including gently turning your head from side to side, rolling your shoulders back and forth and rotating your wrists
- Get the legs moving with some slow marches (on the spot), toe taps to the left and the right, and then tip-toe the feet from the left to the right

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- Remember there is an option to do every activity from a seated or standing position. Just do what feels most comfortable to you
- Start slowly and build up. Listen to your body and take rests when you need to
- Choose your favourite song to dance along to or you can find free dance playlists on Spotify or YouTube



If you are doing this with a dance team: at the beginning of the session, you might like to take a minute to share what you'd each like to get out of the sessions. This can be a really nice way to look back and see how far you have come at the end of the 10 sessions.

Have your friends/family danced before? If so, what style? What do they like/enjoy about dance? What do they want to achieve through this being part of the dance team? Anything they specially would like to work on? What dance styles do they like best? What music do they enjoy?

You can ask yourself these same questions and write them down as a friendly reminder.

2

INTRODUCING MOVEMENT

Ready to take on the next step? Here are the first few movements for a routine that you can build on each session.

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



UPPER BODY

- Hands on thighs, lift right arm up and down, lift left arm up and down, lift both arms up and down. Lift to whatever height is most comfortable for you
- Brush hands along thighs forward and back once. Stretch arms out to the sides up to shoulder height. With arms staying outstretched, lean right, then centre, then left, and back to centre
- Reach arms up and then roll down forwards through the spine and reach towards your toes (only as far as you feel comfortable). Then roll back to a seating or standing position
- Repeat 2-3 times



LOWER BODY

- Lift right foot off the ground (about 5 inches if that feels comfortable), and point your toes forward. Do the same with your left leg, and repeat twice
- Take hands under right leg and lift it gently. Make a circle with the right foot. Repeat on the left side



RAISING YOUR HEART RATE

- Marching on the spot the whole time - either from a seated or standing position
- Explore your creativity! Try out different arm movements whilst marching. For example:

- Place elbows together so your palms are facing your face for 8 marches
- Stretch out arms to the side for 8 marches
- Using alternate arms (right, then left), stretch upwards as if you are punching the sky for 8 marches

CHECKING IN WITH YOUR TEAM



How do they feel after two sessions together?
Is there anything more they would like to do?

Remind your team that they can do the classes or specific exercises seated or standing.

3 SPACE AND SHAPING OF THE MOVEMENT

Focus on how the movement uses the space around you and encourage your friends and family to really shape the movement.

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



BUILD ON THE SKILLS

- Try the same exercises as the previous week and focus on improving the flow between positions. If you or your friends or family fancy a challenge, you may wish to encourage them to speed up the moves

CHECKING IN WITH YOUR TEAM



Are they ok with the routine?
How do they feel about it?
Would they like to suggest any dance moves?

4 BUILDING UP CORE STRENGTH & STABILITY

Time to improvise! Consider how you can develop the routine further - add a few new movements for legs, upper body and core.



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



INTRODUCE FULL BODY MOVEMENTS

When revisiting exercises, always ensure something is added so for example if you're doing a lower body exercise, how can you get the arms involved? This will help the development of skills over time, and could help flexibility and improve your overall cardiovascular function. For example:

- Make one exercise specific to the core, developing the back strength and working on the stability of the core
- Lift arms up, so fingertips meet your temples with your elbows pointing out
- Twist to the right and centre, and then to the left and centre (as far as you feel comfortable). Repeat on each side twice
- Keeping your arms in the same position, lean to the right, back to centre and lean to the left. Repeat on each side twice
- Keeping your arms in the same position again, twist your body so your left elbow meets right knee (you may need to lift right leg up slightly). Repeat on the other side

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These can be done all in a row or as standalone dance moves, depending on how you and your dance team is feeling. If your arms become fatigued, you could take them down and shake them out by your side.

CHECKING IN WITH YOUR TEAM



Put it into practice: now you are a bit more familiar with the moves, use a combination of previous exercises and introduce some new ones.

How does the core feel after this session?

5 USING YOUR BREATH

Time to focus on using your breath and linking it to movements.

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



FOCUS ON THE BREATH

- Spend time at the beginning of the session really focusing on the breath, use counts to inhale and exhale, breathing out both through the nose and mouth. After every exercise bring awareness to the breath and notice how they feel prior and post exercise.



DEVELOP FULL BODY MOVEMENTS

- Ensure there is an exercise that focuses on the 1) upper body 2) lower body 3) cardio 4) core 5) gentle slower exercise. This is a great way to target different muscle groups and ensure you're not overdoing it on any one part of the body. Plus, it keeps things interesting!

CHECKING IN WITH YOUR TEAM



How did it feel to bring attention to the breath today?
Is there anything you can take from it?

6 | ADDING IN CREATIVITY

Time to 'strike a pose', and inject some of your own creativity!

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



FREEZE FRAMES

- Add in some 'freeze frames', (a still shape) that is individual to you but link to the final phrase - strike a pose style! This could be using your hands to frame your face whilst keeping a straight back, or turning to face one side with the other arm up in the air. Or, how about a warrior pose?!



CREATING SHAPES

- Take 5 minutes to create four shapes and decide on how long you should hold them for. If part of a dance team, get your friends and family to show each other their shapes.
- You could split into two groups and then perform the shapes in two groups on different counts in canon (each person does their move one after another). Add this onto your final routine

CHECKING IN WITH YOUR TEAM



Encourage your friends and family to practice their shapes and the timing they were given.

7 | QUALITY AND EXPRESSION

Mix things up with a new dance style!

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



INTRODUCE A DIFFERENT DANCE STYLE

- Select a new dance style, perhaps jazz, street or ballet! Really focus on the quality of the moves and the flow
- Polishing your technique: Recap your shapes and your final routine and talk through the intention and quality of the moves within the final routine, give them a purpose

CHECKING IN WITH YOUR TEAM



Ask your friends and family to create a short solo between 4-8 counts that depicts the quality and expression of the final routine. Encourage them to rehearse it through the week so they feel confident to bring it to the session the following week and can teach the others in the group.

8

SHARING AND LEARNING

Revisit some exercises and teach a new one with a different style.

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



WATCH AND LEARN

- Watch your friends and family solos and practice them as a group. You can link up everyone's solos to make a longer sequence. This can form the end of your final routine

CHECKING IN WITH YOUR TEAM



Are they happy with what they're doing?

Can you help a friend with any moves they are struggling with?

9

PENULTIMATE CLASS, TIME TO POLISH!

If you have decided to do a final virtual dance performance, this last session should focus on perfecting the moves and trying to stay in time with each other.

WARM UP



ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



PRACTICE MAKES PERFECT

- Spend time practising the final routine and recap the solo sequence added in last session. Recap slowly from the top and then rehearse with the music a few times so everyone feels comfortable with the routine

CHECKING IN WITH YOUR TEAM

Ensure they are happy with what they're doing?

Can you help a friend with any moves they are struggling with?

10

THE FINAL PERFORMANCE

A chance for you to bring together everything you have learned over the last few weeks. You could try and record the performance on a virtual platform (such as Zoom), or even teach the routine to a family member or friend.

WARM UP

ACTIVITY POINTERS

- Follow Session 1's simple activities and ensure the whole body is feeling warmed up and ready to dance



PRACTICE YOUR ROUTINE

- Celebrate with your favourite moves: Which moves did you enjoy doing the most?
- Polish the final routine - talk about the intention and quality behind the movement. Do a run through that can be recorded and be treated as a 'performance' that you can then send around afterwards. Take a minute to celebrate the progress you and your dance team have made

CHECKING IN WITH YOUR TEAM



What do you feel you and your dance team have learned and achieved from these sessions?

What did you enjoy the most?

How does everyone feel about the final routine?

How has it affected our daily life?



END OF PROGRAMME

**WELL DONE FOR COMPLETING
THE PROGRAMME! WE HOPE
YOU ENJOYED IT.**

Depending on current government guidelines for team sports, you may wish to search online for dance classes near you, or visit Parasport and Paradance?

Or, for more inspiration on ways to get active around the home, visit:

<https://parasport.org.uk/>
<https://paradance.org.uk/>

<https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home>



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