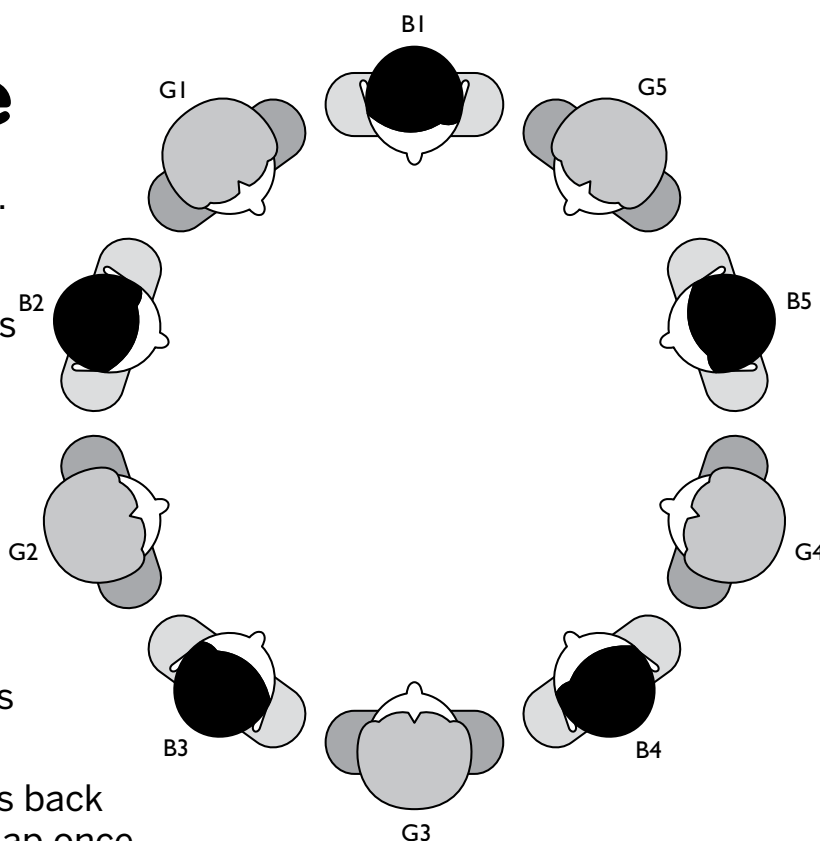


# A circle dance

The Vikings enjoyed dancing. Here is a very simple circle dance which may have been similar to some of the dances in their day.



1. Five couples arrange themselves in a circle as the diagram shows.
2. The couples bow and curtsy to each other.
3. The boys take three steps into the circle and bow.
4. The boys take three steps back out of the circle and all clap once.
5. The girls take three steps into the circle and curtsy.
6. The girls take three steps back out of the circle and all clap once.
7. All hold hands and take two steps to the left counting "one, two, three" like this: "one" – the left foot moves; "two" – the right foot moves to join it; "three" – the left foot moves again and the right foot joins it.
8. Still holding hands all take two steps to the right counting "one, two, three" like this: "one" – the right foot moves; "two" – the left foot moves to join it; "three" – the right foot moves again and the left foot joins it.
9. In each couple the boy takes the girl's right hand in his right hand and raises it into the air. He then takes three steps to move in a semi-circle to the right and the girl takes three steps to move in a semi-circle to the left.
10. The couple takes three more steps in a semi-circle to complete moving clockwise round in a small circle.
11. The couple bow and curtsy to each other and then turn their backs on each other.
12. The boy bows to the girl on his left (from the couple on his left) and the girl curtsies to the boy on her right (from the couple on her right) and they form new couples and repeat the dance.

# A circle dance

## Age range

- Years 3/4 (SP4/5) with help.
- Years 5/6 (SP6/7).

## Resources

Copies of the worksheet. A CD of appropriate music and a CD player

## Using the worksheet

The Vikings are believed to have enjoyed dancing and may have danced circle dances as danced by people in other countries at a later time. This dance has been made to show some simple features of a circle dance. When the students know what they have to do, they can perform it by counting one, two and three, slowly and repeatedly until they complete the sequence to the end of step 11. You may also like to select an appropriate piece of music which has a slow three four time beat for the students to dance to. It is believed that Vikings may have danced to vocal music so you may select a choral piece or even have the children singing themselves. Alternatively you may find a suitable track on an early music CD. The music will have been composed after Viking times and played on instruments that had not been available to the Vikings but it may give the dance a more ancient "feel" than using present day music.

## Younger students

You may simply use the worksheet yourself and give instructions to the circles of students. It may be useful to have some classroom helpers with you to supervise each circle.

## Outcomes

The students:

- Can follow instructions to perform a simple dance.
- Know that taking part in circle dances involves concentration.

## Older students

Older students may like to read through the worksheet and organise themselves into groups and try it out for themselves. Alternatively, if you wished to use the dance on a Viking day you could give out instructions to the circles of students and they could follow them. Once they have mastered the dance they could try step 12. Circle dances were sometimes performed quickly so you could see if they could perform the dance faster but safely. If some students enjoy the dance they could add other steps to it.

## Outcomes

The students:

- Can follow instructions to perform a simple dance.
- Know that performing a circle dance requires concentration and co-ordination.