



How to Create a Dance Routine With Your Group

KS2 PE

KS3 PE

Ages 11-14 ⌚ 4 min read

Start With a Plan

Creating a **dance routine** as a group starts with **planning**. First, your group needs to decide on a **theme** or **song**. Will you dance to pop music, hip-hop, or something else? What story or feeling do you want to show? Talk about these ideas together and agree on what everyone likes.

Next, choose how long your routine should be. A **routine** can last **30 seconds**, **1 minute**, or longer. Most school performances are around **1 to 2 minutes** because that's long enough to be interesting but not too tiring to perform.

Think of it like making a film: you need to decide the story, the actors, and how long it will be before you start filming.

Divide and Create

Now comes the fun part: **choreography**. This is when you invent the actual dance moves. You don't need one person to do all the work. Instead, **split your group into pairs or small teams**. Each pair can create a short section of moves—maybe **8 counts** or **16 counts** (that means **8 or 16 beats** of the music).

After each pair creates their section, teach it to the rest of the group. Everyone learns everyone else's moves so you can put them all together in order. This way, everyone has creative input, and it's fairer because no one person gets stuck doing all the choreography.

Think of it like building with Lego: different people make different sections, then you snap them all together to make one big creation.

Practice Together

Rehearsal is super important. Once you have your full routine, your group needs to practice together many times. You'll spot mistakes, fix timing, and make sure

everyone's moves match. **Levels** matter too—some dancers might be high (standing), some low (crouching), and some in the middle.

Make sure everyone knows when to come in, when to change direction, and when to move fast or slow. Use a **mirror** to check how it looks from the audience's view.

Practice the **formations** (where everyone stands) so the routine looks organized and interesting.

Perform With Confidence

When you're ready to perform, remember that your group is a **team**. Watch each other during the dance so you stay together. Make eye contact with your audience, smile, and enjoy showing off what you've created together!