

Chinese New Year dance activities

People will be celebrating Chinese New Year this week on Friday 12th February 2021. So for PE this week try each activity below and learn about this famous celebration at the same time. Please warm your bodies up first and cool down at the end too.

This year is the year of the ox.



1

Chinese New Year celebrations often have a dragon dance. Can you do three actions that show how a dragon might move?



2

Sometimes Chinese New Year dances have a lion dance. Lions are fierce and strong! Can you move like a lion? Put some music on and see if you can move like a lion in time to the beat.



3

Houses are decorated with lanterns at Chinese New Year. Lanterns light up the room. Can you come up with three actions to show how a lantern lights up a room?



4

Fireworks are set off to celebrate Chinese New Year. Think about how fireworks bang and pop in the night sky. Put on some music and move around the space as if you are a firework!



5

A fan is a lucky decoration for Chinese New Year. Fans move back and forth to cool the space down. Can you move around the space using your body like a fan?



6

Find out one other way that Chinese New Year is celebrated. Can you think of an action to show this way of celebrating?