

Everything you need to

# DRESS UP AND DANCE





# WITH A ONE AND A TWO AND A THREE AND A FOUR...

**It's easy to Dress Up and Dance with Cransley Hospice Trust. Just follow these simple steps:**

1. Tell your pupils, their parents and members of staff that Dress Up and Dance is happening. Pupils bring a suggested £2.50 donation for Cransley Hospice Trust – then they can wear whatever dance outfit they fancy.
2. Tell your local press, TV or radio station that you're taking part in Dress Up and Dance – see page 4 for tips.
3. On the day: at playtime, lunchtime, PE or whenever you like, give your pupils the enclosed stickers to get them into the groove and start dancing!
4. Bank the money you've raised. See page 6 for full details.

**More fun facts and helpful information in this booklet.**

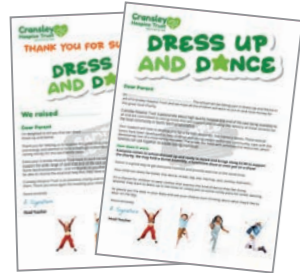


# PREPARING FOR THE BIG DAY

## BEFORE THE EVENT

### Let everyone know

Photocopy the enclosed posters to tell pupils and teachers about the event and show how they'll help Cransley Hospice Trust.



Download the letter template from our website to let parents know about Dress Up and Dance and encourage them to get involved.

### Do the media shuffle

Here are our top tips for getting publicity for your school and event:

- ★ Tell the media early on and remind them nearer the time.
- ★ Local media like photos, so send them a picture of your pupils getting into the groove – make sure it is hi-res (at least 1MB) and that you have written permission for all pupils from parents/guardians.
- ★ Contact the local newspaper: [www.northantstelegraph.co.uk](http://www.northantstelegraph.co.uk)

## AFTER THE EVENT

Use the poster and template letter to thank everyone involved. Visit our website at: [www.cransleyhospice.org.uk/dress-up-and-dance](http://www.cransleyhospice.org.uk/dress-up-and-dance)

# BIGGER, BETTER, BOUNCIER

## HOW TO MAKE DRESS UP AND DANCE EVEN MORE EXCITING

### Raise the barre

Fundraising is fun! Here are some more ideas:

- ★ A lucky dip or tombola – teachers, parents and/or governors donate lots of tiny prizes and pupils pay a small amount to enter.
- ★ Organise a 'healthy snack' stall, with fruit kebabs or skimmed milk drinks.
- ★ Invite a face painter to paint pupils' faces to match their outfits.

If you want to make it a really big event, you could:

- ★ Get out the glitter-ball and host a lunchtime disco.
- ★ Hold a performance for parents – for a donation, of course.
- ★ Organise a sponsored activity like a sponsored walk for pupils, a Give-up-athon – it could be anything from texting to chocolate, or maybe a sponsored silence with a prize for the child who stays quiet the longest.
- ★ Make Cransley Hospice Trust your charity of the year.
- ★ Hold a secret staff room soirée just for the teachers. We'll be delighted to help with resources such as sponsor forms, extra posters balloons or buckets. E-mail us at: [fundraising@cransleyhospice.org.uk](mailto:fundraising@cransleyhospice.org.uk)



# AND, FINALLY, DO THE CASHDANCE

## HOW TO PAY IN THE MONEY YOU RAISE

Please use one of the following methods so we can send you a thank you certificate.

### By post

Please send a cheque made out to **Cransley Hospice Trust**. The address is: Cransley Hospice Trust, Dress Up and Dance, St Mary's Hospital site, London Road, Kettering, NN15 7PW. **Please do not send cash.**

### At a bank

Payment can be made via BACS:  
**Lloyds Bank**  
Account Name: **Cransley Hospice Trust**  
Sort Code: **30-96-09**  
Account Number: **52390668**

### Online

At [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk)

### By phone

Call us on **03000 27 40 40**.

### Strictly safe dancing

How to keep everyone secure and happy at your Dress Up and Dance in aid of Cransley Hospice Trust.

1. Whenever food's involved, there's always the danger that tummies can be upset. Please make sure all food allergies are known and everyone follows the rules for safe preparation, storage, display and cooking.
2. If you're holding a public event or playing copyrighted music you may need a licence, so check this in advance of the event.
3. Pupils should only fundraise from friends and family, or within the confines of the school premises. Public collections are tightly regulated and for adults only, and you may need a licence, so do check with us first.
4. Remember to ask parents or guardians for written permission to participate in your event and also for any photos or videos to be taken.
5. If you are organising a raffle, make sure the tickets are sold and the prizes drawn on the day of the event, otherwise you may need a licence.

We're here to help. If you need any guidance just contact our fundraising team on **03000 27 40 40**.



## A BIG THANK YOU!

We're very grateful for all you've done. Please thank all the parents for their help too. Remember, you can download the template letter on our website to thank them personally.



# ACTIVITIES & ASSEMBLY



## LEARNING OBJECTIVES

This lesson will help pupils to:

- ★ Change the rhythm, speed, level and direction of their movements.
- ★ Create and perform dances using simple movement patterns.
- ★ Learn and perform movements.

## Warm-up

Direct the pupils in a gentle jogging, marching, skipping or similar rhythmical activity. You can then use a simple warm-up game like:

- ★ Head, shoulders, knees and toes.
- ★ The bean game – jumping beans, jelly bean, chilli bean!
- ★ Simon says.

Then direct the pupils to gently stretch head to toe. Make sure you encourage them to hold the stretches rather than 'bounce'. Stretches should never hurt.

## Main activity

Create six dance sequences (each one taught by a different child). The sequences are designed to be mirrored, so the pupils can just follow them in one PE class.

Pause and practise after each sequence. You may wish to practice it a couple of times until the children have comfortably learnt the moves. Why not give students a chance to lead and teach the sequences?

## MAKE IT EASIER

The older children can help guide the younger children in pairs or small groups.

Learn just a few sequences for your routine – or even just one.

Learn each sequence over several PE lessons.

Get everyone to follow along and learn how to put together the six sequences for your big finale.

## EXTENSION ACTIVITIES

- ★ Create a poster showing different dance styles from around the world.
- ★ Explore the circulatory system and pulse rate.
- ★ Set up a simple comparative test to show how everyday activities affect the human body.
- ★ Get pupils to plan their own exercise diary, with one hour of exercise a day – think about walking to school, swimming, football, gardening, helping out with housework, playing outside, shopping.
- ★ Create your own dance film, perhaps accompanied by a short report or blog about your event.
- ★ Ask pupils to write instructions on how to perform one or more of the moves.
- ★ We would love to see your dances, so please do share them (with full parental permission) on our Facebook page at: [www.facebook.com/cransleyfundraising](http://www.facebook.com/cransleyfundraising)

## LET'S MAKE TIME TO HELP OTHERS

### 10-15 minutes

This assembly will help pupils to:

- ★ Think about how good it feels to be kind and help other people.
- ★ Find out about some of the ways Cransley Hospice Trust helps families affected by illness.
- ★ Understand how taking part in Dress Up and Dance will help other people.

Start by asking pupils if they can think of something a friend, family member or teacher has done to help them this week. Perhaps share an example of a pupil helping you out and how that made you feel. It's nice when people help you, isn't it?

Now ask pupils to think about how it feels when they are helpful or kind to others. Reflect that it can feel really good to know you have done something nice for other people.

We all have very busy lives – going to school and working hard – but it is good to take time to do something for other people. It can make everyone a bit happier.

## MAIN POINTS

Explain that on your agreed day, your school will be doing something that will really help other people. Dress Up and Dance will raise money for a charity called Cransley Hospice Trust.

This will be a chance to have fun at the same time, because everyone will be getting together and dressing up. But it will also be doing good because Cransley Hospice Trust will be able to use the money you raise to help patients and families when someone is seriously ill.

End by making sure pupils and staff know when and where you're holding Dress Up and Dance and how they can get involved.

Let them know that this will be a really fun event and a great way to support Cransley Hospice Trust so they can help patients and families affected by serious illness.



## DANCE TILL YOU DROP

Once the pupils have learnt and performed the dance, get daring and take the next step.

- ★ Break the pupils into six groups, and perform the dance in a round, with each group starting on a different move.

- ★ Ask the pupils to create their own moves for the music – they can then integrate them into the main dance.
- ★ Do the moves faster/slower or higher/lower – encourage the pupils to think how else they could change them.

## Warm down

Be sure to spend 5-10 minutes doing gentle stretches and an easy walk around the room to warm down after getting into the groove.

# ACTIVITY

## DESIRED LEARNING OUTCOMES

This lesson will help pupils to:

- ★ Understand what a Cransley Hospice Trust nurse does.
- ★ Understand charities and Cransley Hospice Trust.
- ★ Understand how their fundraising will help others.
- ★ Explore jobs.

### Starter activity

Explain that Dress Up and Dance will raise money for a charity called Cransley Hospice Trust and that your pupils are helping others by taking part. You can adapt how you talk about charity and Cransley Hospice Trust to different age groups.



### What is a charity?

**5-9 years:** A charity is a group that collects money from people like you and your family. It uses this money to help people (or sometimes animals) who are ill or need help.

**9-11 years:** A charity is a group that helps people (or sometimes animals) who are ill, in trouble or need help. They can only do this thanks to the money that people like you and your family give them.

### Cransley Hospice Trust

**5-9 years:** Cransley Hospice Trust helps people who are very sick, and helps their families too.

**9-11 years:** Cransley Hospice Trust helps patients and families affected by serious illness. They help in lots of ways, like helping them with their medicines or talking to them when they feel sad or upset.

# ACTIVITY

Name: ..... Class: .....

## DRAW YOUR OWN CRANSLEY HOSPICE NURSE





# DRESS UP AND DANCE

**Cransley Hospice Trust** 

Registered Charity No. 1151018

Cransley Hospice Trust,  
Fundraising Office,  
St Mary's Hospital,  
London Road,  
Kettering,  
NN15 7PW.

Registered Charity No. 1151018 – Company No: 08102611

03000 27 4040

[fundraising@cransleyhospice.org.uk](mailto:fundraising@cransleyhospice.org.uk)

[www.cransleyhospice.org.uk/dress-up-and-dance/](http://www.cransleyhospice.org.uk/dress-up-and-dance/)