



Don't post any personal information online. Keep your security settings as high as possible. Never share any passwords to people.

Don't meet up with people you've met online. Respect people online. You don't know if people are who they say they are.

If you are unsure of any thing tell and show an adult immediately. Don't make friend online. Be careful of what you say when online. Think carefully before sending pictures or videos of your self.

Dancing

On a Saturday I go to dancing (I did before lockdown anyway), at 9:45 I go up the stairs and into Room 2, to do my 45 minute gymnastics class, where I do cartwheels and round-offs where you flip sideways stand on you hand then flip over to your hands and a roundoff is a cartwheel but you hit your feet together in the middle. I also do forward and backward rolls which is where you flip forward with your hands on the floor and land on your back then push forward to stand up and a backward roll is the same thing but backwards.

After gym I go down stairs and wait until 11:15 to go back into room 2 to do my tap dancing where I do a lot of footwork and moves like Fred Astaire like the shuffle hop step and the bunny hop (my favourite move is bunny hop). These two clips are videos of Fred Astaire one with him making music and dancing to it and the other he dances with gene Kelly:

<https://www.youtube.com/watch?v=faN0kPOQykm&feature=share>

<https://youtu.be/OKapFZt-s00>

I find these dances very exciting and fun because I like the type of music and the moves that come with them.

