

EGYPTIANS DANCE LESSON 1

Year 3 & 4

Learning Intention: How can you use energy and strength when performing a dance?

Yr 3

I sometimes show energy and strength when performing

I can show different uses of energy and strength when performing

I can vary the use of energy and strength when performing

Yr 4

I can show different uses of energy and strength when performing

I can show a variety of uses of energy and strength when performing

I can move with control and show different uses of energy and strength when performing

EQUIPMENT:

MUSIC:

TRACK 1: GODS

TRACK 5 – Warm-up Music

– Fast Egyptian Beats

STARTER: Egyptian Gods

Starter: Show the children the pictures of each God/Goddess and then discuss them.

Resource: Egyptian Gods/Goddesses pictures.

WARM UP:

MUSIC: TRACK 5 – Warm-up Music – Fast Egyptian Beats

1. The children to walk around, then progress to a skip, jump, gallop around the space
2. When the teacher pauses the music and says the command word 'FREEZE', the children pose as if a GOD/GODDESS in a powerful pose.

Q &A: How can you show energy and strength when performing these poses?

The children get into pairs to explore all of the Gods/Goddesses from the list below, creating 2-5 strong/powerful movements for each.

Encourage them to create moves based on what the Gods/Goddesses represent. E.G. sun, wind, rain, water, war, earthquakes etc.

EXAMPLES TO USE:

AMUN-RA: God of sun and wind

HATHOR: Goddess of Love, Joy, Music and Dance

KHMUM: God of water and rain

SET: God of war, chaos and storms

GEB: God of earth, earthquakes

SEKMET: Goddess of war/battle

TP : Allow the children plenty of time to explore and create (approximately 15-20 minutes) Lorem ipsum

Lorem ipsum

Lorem ipsum



Q&A Can you show energy and strength when performing each god?

MUSIC: TRACK 1: GODS

1. Split the class into two. One half to be the Egyptian people: who are kneeling, praying and calling to the Gods/Goddesses and the other half to be the Gods/Goddesses who appear to the people (and perform their dance moves.)

2. Swap over.

TP: Encourage the performers to think about their energy and strength when performing.

COOL DOWN

Children move around the room, changing the speed of travel from a fast to a slow walk to bring their heart rates down.

PLENARY

Did you enjoy being a God/Goddess?
What have you learned today about the importance of Gods/Goddesses in Egyptian times?
How did you show good strength and energy in your dance?