

# DANCE LESSON 2

# EARLY YEARS

Learning Intention: How can you move around in a space?

## Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and climbing

## Resources:

Equipment:

MUSIC:

Track 1: Epic Fairy Tale.

Track 4: A Whole New World (instrumental)

Track 5: Under the Sea (Instrumental)

Suggested Music: Track 4 - A Whole New World (instrumental)

## WARM UP: Magic Carpet

## Negotiate Space

Children are going to take a journey on a magic carpet to different lands and places.

1. The children take a seat on their magic carpet and look all around as if flying through the clouds and sky.

2. As the carpet lands they get off their carpet to explore the lands they have reached.

Suggested lands:

**ICE LAND** = Sliding on the ice, shivering in the cold, jumping in the snow, breaking icicles.

**SWAMP LAND** = Trudging through mud, getting feet stuck, sinking.

**FOREST LAND** = Uneven and unsteady ground, climbing trees, clearing rocks aside, cutting through branches.

3. The teacher gives the command to get back on their carpet to move to the next place.

**TP: Children to remember to look out for their friends when moving around in a space.**

## ACTIVITY 1: Magical Fairy tale land

Suggested Music: Track1  
Epic Fairy Tale

The children are going to take a journey to a Magical Fairy Tale Land and explore moving around as the things they might find in that land.




The children find a space as a whole class and the teacher calls out the different commands:

You are a:

- Unicorn
- Cloud
- Magic fairy,
- A magical creature,
- A wizard etc...

**Challenge:** The children are asked to create their own character (one which the teacher hasn't said.)

**TP: Can the children find a space to move around on their own**

-  Move energetically- Dancing
-  Negotiate Space
-  Demonstrate co-ordination

## ACTIVITY 2: Under the Sea

Suggested Music: Track 5 -  
Under the Sea (Instrumental)



Move energetically- Dancing



Negotiate Space



Demonstrate co-ordination

The children are now going to take a journey under the sea to explore moving around as the things they might find in a Fairy Tale underwater world.

1. The children find a space on their own and the teacher calls out the different commands:

- You are a:
- Dolphin
  - Mermaid/man
  - Jelly fish,
  - Crab,
  - Seaweed,
  - Sharks,
  - Turtles,
  - Fish etc...



**Challenge:** The children can create their own character (one which the teacher hasn't said.)

**TP:** Can the children explore the whole ocean using the space (imagine the hall is the sea)

## ACTIVITY 3: Picture World performance.

Music: Select the appropriate  
track for the characters chosen.

1. Each group chooses their favourite character from their favourite land/world to perform.
2. Split the class into two. First half (those who are a character in Magical land) and second half (those that are a character in Underwater world.)
3. Teacher to spread out the class and count them in to the music.
4. Children can be mini-coaches and give feedback to the performers. What was their favourite World and why?
5. Swap over.



Move energetically- Dancing

## COOL DOWN

Children move around in slow motion showing their favourite character.

## PLENARY

Did you enjoy creating different worlds today?  
What was your favourite world and why? If you could live in any magical world, what would it be?