

DANCE LESSON 4: Floor Gymnastics!

EY

Learning Intention: How can I move at the same time as my partner?

Resources:

Ribbon/Chiffon/ball
Light Material
MUSIC: Symphony

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 and skipping

WARM UP:

MUSIC: Symphony

1. Teacher to hand out ribbon to the children.

(If you don't have ribbon, chiffon material or something similar will work well.)

2. Teacher plays on the music and as the children walk, skip, dance around, ask them to explore what movements they could do with the ribbon.

 Move energetically- Dancing

 Negotiate Space

 Move energetically- Skipping

ACTIVITY 1: Floor Gymnastics! (Explore)

 Demonstrate co-ordination

 Move energetically- Dancing

Teacher to model movements with the ribbon:

1. Rainbow arch above the head from right to left. (Swap hands and move left to right)

2. Circles above the head with the right hand. (Swap and repeat with the left hand.)

3. Moving the ribbon up towards the ceiling and down towards the floor in the right hand. (Swap and try with the left hand.)

4. A figure of eight shape in front of the body with the right hand. Swap and repeat with the left.

5. Can they make their own shapes with the ribbons/ scarfs

6. Can they write their names?

ACTIVITY 2: Shapes



Straight shape



Star



Arabesque

1. Teacher models balances and poses with the class:

2. Allow children time to use their imaginations and add any other ideas they have.

3. Teacher models adding a ribbon move and ending in a balance move e.g. a circular ribbon movement over the head and finishing in arabesque balance.

b. Rainbow arch above head with the ribbon and finishing in star shape.

- Demonstrate co-ordination
- Move energetically- Dancing
- Demonstrate balance

ACTIVITY 3: Floor Gymnastics! (Create)

MUSIC: Symphony

1) In pairs create a sequence adding some shapes and ribbon movements together

Make it harder: create 2 connecting ribbon and pose sequences as demonstrated at the end of activity 3.

TP: Remind the children that they are now creating a performance and so everything needs to link together smoothly together as if they were gymnasts.

- Demonstrate co-ordination
- Move energetically- Dancing
- Demonstrate balance

ACTIVITY 4: Floor Gymnastics! (Dance Performance)

MUSIC: Symphony

1. Split the class into two. One half to dance and the others to watch.
2. Teacher to spread out the groups and count them in to the music.
3. Children can be mini-coaches and give feedback to the performers. What did they like about the performance? Who moved gracefully? Who linked the movements together smoothly?
4. Swap over.

TP: Remind the students that they are now performing and floor gymnastics needs good timing with the music and imagine they are gymnasts in the Olympics

COOL DOWN

Children move around the area, changing the speed of travel from a fast to a slow walk to bring the heart rate down.

PLENARY

Did you enjoy the dance? Did you enjoy being a gymnast?

How did you move at the same time as your friend?