

DANCE LESSON 1-What is the Olympics?

EY

Learning Intention: How can you perform dance movements using the space?

Resources:

MUSIC: Music Track ,
Grandstand Theme Tune

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

WARM UP:



Negotiate Space

1. Children walk/skip around the space and weave in and out of each other.

2. Teacher calls out 4 different sports in turn and the children can do any movements they feel represent that sport. Teacher signals for the children to continue.

TP:

Use sports they will be familiar with: football, swimming, tennis, running, ice skating and Boxing etc.

Teacher might like to model the actions as they call them out so the children can copy if needed.

ACTIVITY 1: What are the Olympics and Paralympics?

Teacher to have a general discussion of what the children know about the Olympics:

Every 4 years

Represented by different countries

Opening and closing ceremony

Competition between countries

Competitors receiving medals of bronze, silver and gold

Paralympics for participants with disabilities- this takes place after the Olympics

Teacher can play video clip of the Paralympics (see activity 1)

This could be used as a point of discussion to build awareness of disability in sport.

Some questions could include:

How are students with a disability similar to you?

How are students with a disability different from you?

Can persons with a disability enjoy sport?

Are persons with a disability less active than those without a disability?

ACTIVITY 2: Imaginary Ball!

 Demonstrate co-ordination

 Demonstrate balance

Children stand in a circle and pass the imaginary ball around the circle with the teacher facilitating the start of each new pass changing the type of ball.

Examples to use:

Pass a small tennis ball around to the right

A football that is passed across to the person on their right around the circle

A basketball is bounced once before passing to the person on their right

A hockey ball that is pushed to the person on their right around the circle

Note you also show the children the different types of balls if you have them available.

ACTIVITY 3: Ball Sports! (Group work)

 Demonstrate co-ordination

 Move - Dancing

 Demonstrate balance

MUSIC: Grandstand Theme Tune

1. The teacher models a movement from each ball sport with the children copying:

Here are some examples you could use:




Football: Header, knee-ups, keepy uppies and shoot.

Basketball: Dribble the ball and shoot

Tennis: Serve and play an imaginary game of tennis

2. The children get into pairs and choose their favourite ball game (e.g. football) and link together 3-4 movements.

ACTIVITY 4: Ball Sports! (Dance Performance)

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

MUSIC: Grandstand Theme Tune

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? What was their favourite sporting moves?
4. Swap over.

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? What is your favourite sport?
What was your favourite ball game and why?