

DANCE LESSON 2 -Synchronised Swimming EY

Learning Intention: How can you perform dance movements at different levels?

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 an

Resources:

MUSIC:
Warm-Up Music Track
Aquarium

NOTE: Before the lesson you could explain and show the children what synchronised swimming is (see video A1)

WARM UP: Swimming and Diving

 Demonstrate co-ordination

 Negotiate Space

1. Children to explore arm movements of the different strokes in swimming :
Breast stroke, front crawl, back stroke, doggy paddle, Butterfly and the action and arm position of a dive.

Make it easier: Teacher could model the movements with the children copying

2. Can the children jog on the spot and swim as fast as they can?

3. Teacher to call out a stroke and the children to move around the room showing that stroke:

- Breast stroke
- front crawl
- back stroke
- doggy paddle
- Butterfly

Activity 1: Let's Get Swimming! (Explore)

 Demonstrate co-ordination

 Move - Dancing

 Demonstrate balance

MUSIC: Aquarium

1. Children create a synchronised swimming dance in pairs choosing 3-4 favourite strokes. Can they explore different ways to swim together with their partner

2. Children then explore swimming on different levels: lying on their front or back, low or high etc.




Can they move to the music? Can they imagine they are in the Olympics and being a synchronised swimmer?

TP: Where can leg kicks also be incorporated too?

3. Practise to music ready for performance.

Make it easier: Teacher could model the movements




ACTIVITY 2: Let's Get Synchronised! (Dance Performance.)

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

MUSIC: Aquarium

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? Did they create a good synchronised swimming routine?
4. Swap over.

ACTIVITY 3: Let's Race (extension)

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

If you have time - you can make some lanes with cones and have some fun races

The children can run and imagine they are doing the arm action of swimmer... they are in an the Olympic final!

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 swimming move? Did you enjoy being part of a synchronised swimming group? What skills do you require to be a good synchronised swimmer?