

Resources:

MUSIC Track 10

Learning Intention: How can you remember your dance?

Physical Development:

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

Demonstrate strength, balance and co-ordination.

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

Starter: T-Rex Footsteps!



Negotiate Space

The teacher uses the tambourine to guide the children through the warm-up.
When the tambourine is hit hard and fast, in a rhythmic beat, the children walk around with a heavy stomp.

When the tambourine is shook slowly, the children walk around on their tip toes.

When the tambourine is shook fast, the children can hop, skip, jump around.

When the teacher stops the children freeze

The children now walk around the room to the command of the tambourine, but they must be aware of the T-REX and FREEZE when they see one.

When the teacher shouts T-REX – the children MUST FREEZE.

Continue moving when they hear the tambourine.

ACTIVITY 1: Rehearsal

Suggested Music: Track 10



Negotiate Space



Move energetically- Dancing

The children are going to put together some of the key activities from the previous lessons. The below is a suggested example of the activities you can put together, but you can piece together any of the activities they have learned.

The children get into pairs and rehearse the following activities:

Explorers ready! – Lesson 4, activity 1 & 2

My favourite Dinosaur – Lesson 1, activity 6

Extinction Dance - Lesson 5, activity 4

TP: Take plenty of time to remember the activities and for the children to put them together with focus and control.

ACTIVITY 2: Performance!

Split the class into two. One half to dance and the others to watch.

You could also film and show the children their performances

Teacher to spread out in groups and count them in to the music.

Children can be mini-coaches and give feedback to the performers.

Did you like the performances? What was your favourite performance and why?

Swap over.

COOL DOWN

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

They then lie on the floor and stretch out into a star shape on their back and then slowly tuck themselves into a ball. Repeat a few times.

PLENARY

Did you enjoy being dinosaur explorers today?

What was your favourite moments on your journey?