

# DINO SCHEME (EY)

# LESSON 2

*Learning Intention: How can you perform dance movements in different directions?*

## 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.

## Resources:

MUSIC Track 1  
MUSIC Track 2  
MUSIC Track 3  
MUSIC Track 4  
MUSIC Track 5

## Starter: Dinosaurs on the Move!



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 stops the children freeze** and listen out for the commands:

**HIDE:** duck down to the floor    **REACH:** stand on tip toes reaching up with arms high

**FLY:** Flap arms up and down like wings    **EAT:** Snap hands together like jaws

## ACTIVITY 1: On the Move!

See Music Track 6

The teacher leads the class in different dinosaur walks around the room.

Heavy Stomping steps

A quick trot or gallop

High up on tip toes

Running and stopping suddenly, running and stopping suddenly

Jumping or leaping

Hopping from one foot to another



Negotiate Space



Move energetically- Running



Move energetically- Skipping



Move energetically- Hopping



Move energetically- Jumping



**Jump and fly:** jumping around the room with two feet together flapping their arms as wings

**Hear me roar:** freeze with hands as claws and let out a BIG roar

**See me soar:** swooping around the room with their arms out wide like wings

**My tail goes swish:** twisting hips from side to side as they walk around

**My fins like a fish:** with hands together on top of head they swim around like fish

**I push and pull:** pretending to push and pull heavy objects like trees

**My teeth go chomp:** with arms starting out wide and snapping hands together like jaws

The children get into pairs and choose their favourite move to **travel around** the room with their partner. **Try traveling in different directions**



The teacher discusses the key features of three different dinosaurs.

**Brachiosaurus:** This dinosaur was 26 meters long, weighed 35 tons and its eggs were as big as footballs!

**Stegosaurus:** This dinosaur had a suit of armour to protect from predators. It had huge spikes all over its back and tail which they would use to fight off other dinosaurs.

**Tyrannosaurus Rex:** Rex means King! And this dinosaur was king in the Jurassic period. It was very aggressive, and a meat-eater with huge jaws.

The children get into pairs and choose their favourite dinosaur from the list. They work together to create a move to show the key features of that dinosaur.

**Brachiosaurus:**

- Create a long, narrow shape.

**Stegosaurus:**

- Create a spiky, jagged shape.

**Tyrannosaurus Rex:**

- Create the biggest, tallest shape.

**Split the class into two. One half to dance and the others to watch perform their dinosaur move.**

**Teacher to spread out the pairs and count them in to the music.**

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

**What dinosaurs did you see?**

**What different movements were used to show the dinosaur?**

**Get the children to describe the different movements they saw.**

**Did they move in different **directions**?**

**Swap over.**



**Move energetically- Dancing**

### **COOL DOWN**

**Children move around the round, changing the speed of travel from a fast to a slow walk to bring their 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 a dinosaur today?  
What was your favourite and why?**