

DINO SCHEME (KS1)

LESSON 2

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

Resources:

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

Yr 1
With support I can perform some basic dance movements to travel
I can use basic dance movements to travel e.g. jumping and turning
I can perform a variety of dance movements to travel e.g. jumping turning, gesturing

Yr 2
I can use basic dance movements to travel e.g. jumping and turning
I can perform a variety of dance movements to travel when performing e.g. jumping turning, gesturing
I can perform complex dance movements to travel when performing e.g. jumping turning, gesturing, moving expressively

Starter: Dinosaurs on the Move!

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

Extension: The children get into pairs or groups of 3/4 and take it in turns in leading a follow the leader dinosaur walk.

A quick trot or gallop

Challenge: Can the walks be different each time a new person leads the group?

High up on tip toes

Running and stopping suddenly,
running and stopping suddenly

Jumping or leaping

Hopping from one foot to another

ACTIVITY 2: Dino Moves!

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**

Extension: Can they create some new moves?!

ACTIVITY 3: A Day in the life of a Dinosaur!

VIDEO 2: DEMO

The teacher discusses the key features of three different dinosaurs.

Brachiosaurus: This dinosaur was 26 meters long, weighed 35 tons and it's eggs were as big as footballs!

Stegosaurus: This dinosaur had a suit of armour to protect from predators. It had huge spikes all over it's 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.

2. The children get into groups of 4/5 and choose their favourite dinosaur from the list. They work together to create moves to show the key features of that dinosaur.

Brachiosaurus:

- Create the longest, narrowest shape you can.

Stegosaurus:

- Create spiky, jagged, wide shapes in your group.

Triceratops

- Create a three pointed shape using different directions (high, medium and low).

Tyrannosaurus Rex

- Create the biggest, tallest, widest shape you can.

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.

COOL DOWN

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

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?
How did you move in different directions?