

CHINESE NEW YEAR (RECEPTION)

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

Activity 1: Zodiac Signs

Suggested Music: Track 1

1. Watch the clip and discuss with the children what the Chinese Zodiac signs are:

<https://www.youtube.com/watch?v=lQbvB5x5O9M>

2. Watch the clip of the myth behind the Zodiac signs and learn how each animal got its place:

<https://www.youtube.com/watch?v=NrKQml4vSwA>

Question: Can you remember what was special about each animal in the race?

3. The children find a space in the room and explore the movements of the animals in the zodiac. As you say the animal the children move around the room as that animal:

Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig.

MUSIC TRACK 1

4. The children find a partner and create their own dance based on their zodiac animal.

TP: Children to think about the special things about their animal that they can show through movement. See Chinese Zodiac Resource

MUSIC TRACK 1

*Could have some example videos

Activity 2: Getting Ready for The New Year

Suggested Music: See Below

1. Watch the clip and discuss with the children why Chinese New Year is celebrated:
https://www.youtube.com/watch?v=c8ssHXZ9_qU

It signals the beginning of spring. It is a time when families and friends get together to say goodbye to the old and welcome the new.

2. Ask the children to spread out around the room. When you give the command the children demonstrate cleaning to get rid of the old and make way for the new.

TP: discuss some of the actions they could do: dusting, sweeping, hoovering, scrubbing the floor, washing up.

MUSIC TRACK 2

3. Get the children into a whole class circle. They are going to all link hands demonstrating the decorations that would be hung up.

Example : Everyone starts down low in a crouch position. One at a time the children stand in a star shape and connect to each other by holding hands. Until everyone is connected in one big circle like decorations hanging.

Activity 3: Lanterns!

Suggested Music: Track 3

The children are going to explore what kinds of things happen when celebrating the Chinese NY. e.g: Setting off lanterns and fireworks as well as dances and parades, such as the famous Dragon dance.

1. Spread the children out in the space. They are going to be the lanterns being lit and sent into the sky:

- The children start in a tight ball on the floor
- They sit up start to wiggle their fingers and flash their hands like sparks being lit
- They stand and pause in a star shape and start to move their hands like flames
- They then start to move around the room like the lanterns travelling up into the sky.

Encourage different movements: rolling turning, leaping etc.

TP: It is encouraged to use the resource of two scarfs/pieces of material for each child (one in each hand) to represent the light/flame/lanterns. The children can then also explore what movements they can do with their prop.

MUSIC TRACK 3

1. Spread the children out in the space. They are going to be fireworks.

2. Children are given action commands based on firework sounds:

- BANG – A star jump
- POP – squat down low and jump up in a straight line with both arms stretch above head
- SIZZLE – The twist (twisting hips and arms from side to side)
- RUMBLE – fast run on the spot lifting knees high
- WHIZZ – A fast spin or turn on the spot
- CRACKLE – shooting arms out in different directions

3. The children walk around the room weaving in and out of each other. When the teacher shouts STOP the children FREEZE and STOP WALKING. The teacher then calls out one of the command words.

Extension: Start with just one command word at first, then make it more challenging with two or three in a row e.g. BANG, SIZZLE, WHIZZ.

Activity 5: Dragon Dance

Suggested Music: Track 5

1. The children line up one behind the other. The child at the front is the dragons head and the rest of the children the body. Everyone puts both their hands on the shoulders of the person in front of them.

2. The children now practice slowly walking around the room as a follow the leader.

Extension: The children see if they can move their bodies up and down as they walk, keeping their hands on the person in front of them.

TP: You might want to make a dragons head or use material for the body

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 learning about Chinese New Year? Can you tell me why Chinese New Year is celebrated?

Did you enjoy celebrating Chinese New Year through dance?
What was your favourite part and why?