

Dance

<p>Year R</p> <ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 	<p>Year 1</p> <ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 		<p>Year 2</p> <ul style="list-style-type: none"> Perform dances using a range of movement patterns. Work with others to perform dances using a range of movement patterns. 	
<p>Year 1</p>				
<p>Key skill/s</p>	<p>Warm up</p>	<p>Main Activity</p>	<p>Equipment</p>	<p>Cool down</p>
<ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 	<p>Play 'Video games'.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p> <p>Tell children that when you shout these commands they need to complete a movement. Commands and movements are listed below.</p> <p>Fast forward - run Rewind - walk backwards Pause - stop Record - pull a silly face</p>	<p>Show children 'Despicable Me' dance. https://www.youtube.com/watch?v=V5pKGmehtos</p> <p>Ask children what they think of the dance. What do they like? How do they think it could be improved? Is every member in the dance doing the same thing?</p> <p>Children to learn dance individually by following along to the video 3 times.</p> <p>Put children into groups of 3 and get them to practice performing the dance as a group.</p> <p>If time allows children to show their dances to the class at the end of the lesson.</p>	<p>Computer/ projector in hall.</p>	<p>Play 'Video games'.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p> <p>Tell children that when you shout these commands they need to complete a movement. Commands and movements are listed below.</p> <p>Fast forward - run Rewind - walk backwards Pause - stop</p>

	Slow motion - Walk at half speed.			Record - pull a silly face Slow motion - Walk at half speed.
<ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 	<p>Play 'Video games'.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p> <p>Tell children that when you shout these commands they need to complete a movement. Commands and movements are listed below.</p> <p>Fast forward - run Rewind - walk backwards Pause - stop Record - pull a silly face Slow motion - Walk at half speed.</p>	<p>Show children 'Despicable Me' dance. https://www.youtube.com/watch?v=V5pKGmehtos</p> <p>Ask children what they think of the dance. What do they like? How do they think it could be improved? Is every member in the dance doing the same thing?</p> <p>Tell children that in this lesson they are going to be making their own pirate dance up to this music in groups of 3. Tell them they need to come up with and then practice a simple routine to show to the class at the end of the lesson. Remember your routine needs to look exciting to watch!</p>	Computer/ projector in the hall.	<p>Play 'Video games'.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p> <p>Tell children that when you shout these commands they need to complete a movement. Commands and movements are listed below.</p> <p>Fast forward - run Rewind - walk backwards Pause - stop Record - pull a silly face Slow motion - Walk at half speed.</p>
<ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 	<p>Play 'Traffic Light' game.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p>	<p>Show children 'Gummy bear' dance. https://www.youtube.com/watch?v=6Q7-tzCCh3w</p> <p>Ask children what they think of the dance. What do they like? How do they think it could be improved? Is every member in the dance doing the same thing?</p>	Computer/ projector in hall	<p>Play 'Traffic Light' game.</p> <p>Explain to children that we are going to play a warm up game. Explain to children that we warm up so that our bodies are ready for exercise and to get our heart pumping.</p>

	<p>Tell children that they need to perform an action when the teacher shouts a command. Actions and commands are listed below.</p> <p>Red - stop Amber - jog on the spot Green - jogging 1st gear - walk 2nd gear - jog 3rd gear - run.</p>	<p>Children to learn dance individually by following along to the video 3 times.</p> <p>Put children into groups of 3 and get them to practice performing the dance as a group.</p> <p>If time allows children to perform their dances to the class at the end of the lesson.</p>		<p>Tell children that they need to perform an action when the teacher shouts a command. Actions and commands are listed below.</p> <p>Red - stop Amber - jog on the spot Green - jogging 1st gear - walk 2nd gear - jog 3rd gear - run.</p>
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<ul style="list-style-type: none"> Perform simple dances using simple movement patterns. Work with others to perform simple dances. 	<p>Play 'Collect the treasure' warm up game.</p> <p>Ask children the purpose of a warm up and take their responses.</p> <p>Split the children into six groups. Place cones in the centre of the hall or playing area. This is the 'treasure'. Each team sends one child at a time to the middle to collect some treasure. When all the treasure is gone, the team with the most treasure win.</p>	<p>Show children 'I'm going to catch you' dance https://www.youtube.com/watch?v=ii295Cy7R2k</p> <p>Ask children what they think of the dance. What do they like? How do they think it could be improved? Is every member in the dance doing the same thing?</p> <p>Children to learn dance individually by following along to the video 3 times.</p> <p>Put children into groups of 3 and get them to practice performing the dance as a group.</p> <p>If time allows children to show their dances to the class at the end of the lesson.</p>	<p>Computer/ projector in hall 60 cones</p>	<p>Play 'Collect the treasure' warm up game.</p> <p>Ask children the purpose of a warm up and take their responses.</p> <p>Split the children into six groups. Place cones in the centre of the hall or playing area. This is the 'treasure'. Each team sends one child at a time to the middle to collect some treasure. When all the treasure is gone, the team with the most treasure win.</p>
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