

DANCE LESSON 1

EARLY YEARS

Learning Intention: How can you create a Fairy tale character?

Physical Development (Gross Motor Skill ELG) :

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

Demonstrate strength, balance and co-ordination.

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

Starter: What fairy tale characters do the children know?

TP: Teacher could show the children the Fairy tale and troll and giant picture card as stimulus

Resources:

Music:

Track 1: Epic Fairy tale

Track 2: Heigh Ho

Fairy Tale picture card

Troll and Giant picture card

7 Dwarfs Picture card

Tambourine

WARM UP: Fairy tale character fun

 Negotiate Space

Children to listen and move to the tambourine and skip, hop, gallop, jump around the space. As the characters are called, ask the children to move as that character:

King/Queen: Walking proud.

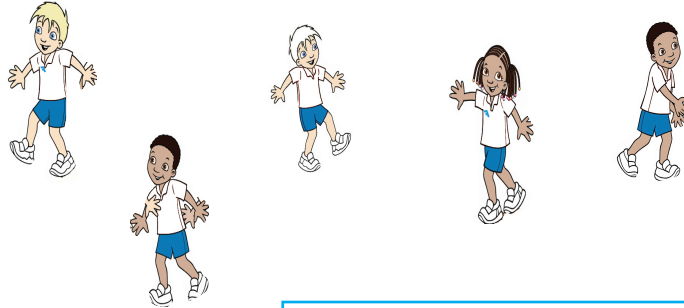
Knight: Riding horse.

Dragons: Flying.

Giants: Big heavy steps.

Troll: Stamping feet.

Witch: Flying on broomstick.



Suggested Music: Track 1 – Epic Fairy Tale

ACTIVITY 1: Creating your own character

1. Children choose their favourite character from the warm-up and move on their own to the music

Make it easier: Teacher to suggest some examples for each character and the children copy e.g:

King/Queen:

- a) walk proud
- b) bow/curtsy
- C) wave
- d) put on crown

Knight:

- a) riding horse
- b) put on helmet
- c) fight with sword
- d) block with shield

Troll:

- a) stamping feet
- b) waving bludgeon
- c) chasing after someone
- d) eating



Make it harder: The children create their own movements.



Move energetically- Dancing



Negotiate Space



Demonstrate co-ordination

ACTIVITY 2: The 7 Dwarfs

Suggested Music: Track 2 – Heigh Ho

- ✓ Move energetically- Running
- ✓ Negotiate Space
- ✓ Demonstrate co-ordination
- ✓ Move energetically- Skipping
- ✓ Move energetically- Dancing

Resources: 7 Dwarfs picture card

1. Show pictures of the 7 dwarfs and discuss their different characters: HAPPY, GRUMPY, SNEEZY, DOPEY, SLEEPY, DOC and BASHFUL

2. On their own, children explore moving around as each of the 7 dwarfs to the music.

Make it easier: Teacher to suggest/show suggested movements for the dwarfs as they act it out:

Happy: Skipping, waving and turning.

Grumpy: stamping, folding arms, pointing and hitting hand into fist.

BASHFUL (SHY): crouching down, hiding face with hands, shaking, running and hiding.



Make it harder: Children choose their own movements.

3. **Now in pairs** the children choose their favourite dwarf and follow their partner around as that character, the children to take it in turns to be the leader.



ACTIVITY 3: Character (practise)

- ✓ Move energetically- Dancing

In their pairs the children choose their favourite character dance to practise from either activity 1 or 2.

For example - they perform either their fairy tale character dance, or their dwarf dance.

Challenge: They could now create their own sequence based on a different fairy tale character.

ACTIVITY 4: Character (performance)

Music: Select the appropriate track for the characters chosen.

1. Split the class into two - fairy tale characters or the dwarf characters.

One half to dance and the others to watch.

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

3. Children can be mini-coaches and give feedback to the performers. Who were their favourite characters and why?

4. Swap over.

- ✓ Move energetically- Dancing

COOL DOWN

Children move around in slow motion showing their favourite character.

PLENARY

Did you enjoy being a character today?

What was your favourite character and why?