

DANCE LESSON 6

EARLY YEARS

Learning Intention: How can you follow dance moves?

Resources:

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

Track 11 – I'm a Believer
Video 1: I'm a Believer Dance

Starter: There is lots of happiness in Shrek. Can the children name some examples? Friendship, escaping from a tower, marrying their true love etc.

WARM UP:



Negotiate Space

1. Children hop, skip, gallop, jump around the space and weave in and out of each other.

2. Teacher calls out the command 'position' and the children choose any character from SHREK to hold a position- and show an expression in their face and body of the character.

Humpty Dumpty

-Tinkerbell

-Blind Mice

-Peter Pan

-Ugly Duckling

-Fairy Godmother

-Pinocchio

-Wicked Witch

-Pig (from The Three Little Pigs)

-Tweedledum

-Dragon

-Tweedledee

-Mad Hatter

-Ogre

-White Rabbit

3. Teacher signals for the children to continue.

ACTIVITY 1: 'I'm a Believer' dance.

Track 11 –
I'm a Believer



Move energetically- Dancing



Demonstrate co-ordination

1. Children learn the dance 'I'm a believer' – see video 1.

*NB: It is suggested that EYFS learn from the start of the dance to the end of the first chorus only.

2. You may need to practice a few times

ACTIVITY 2: Best Friends

Suggested music timing:

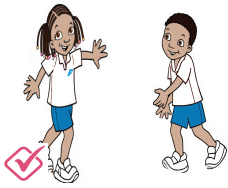
I'm a Believer Dance: Start of track to 50 seconds

Shrek and Donkey Dance: 50 seconds onwards
(and as long as is needed)

1. In their pairs, the children practise their Shrek and Donkey sequences from Lesson 5, activity 2. One being donkey and one being shrek. (I'm a Believer Dance: Start of track to 50 seconds)

2. The children now practise adding on their Shrek and Donkey dance after the 'I'm a believer' dance. Shrek and Donkey Dance: 50 seconds onwards (and as long as is needed)

Challenge: Children can add some of their own movements after the 'I'm a Believer' dance and their Shrek and Donkey dance creating a swamp party to end.



Move energetically- Dancing



Demonstrate co-ordination

ACTIVITY 3: 'I'm a Believer' Performance

Suggested music timing:

I'm a Believer Dance: Start of track to 50 seconds

Shrek and Donkey Dance: 50 seconds onwards
(and as long as is needed)

1. Split the class into two. One half to dance and the others to watch.

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

3. Children can be mini-coaches and give feedback to the performers. Whose performance did you enjoy the most and why? Who had clear and strong movements? Did they follow any of the dance moves?

Swap over.



Move energetically- Dancing

COOL DOWN

Children move around in slow motion showing their favourite character.

PLENARY

Did you enjoy The Fairy Tale lessons?

What was your favourite lesson/character?

What have we learnt about dancing?