

# DINO SCHEME (EY)

# LESSON 4

*Learning Intention: How can you perform dance movements at different levels?*

## 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, skipping and climbing.

Resources:

MUSIC Track 8  
MUSIC Track 9

**Please note this make take more than one lesson**

## Starter: Dinosaur Explorers

**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 is shook slowly, the children walk around on their tip toes.**

**When the tambourine is shook fast, the children can hop, skip and jump around.**

**When the teacher stops the children freeze**

- Negotiate Space
- Move energetically- Running
- Move energetically- Skipping
- Move energetically- Hopping
- Move energetically- Jumping

## ACTIVITY 1: Let's Get Ready!

Suggested Music: Track 8

The teacher asks the children all the things they might need to wear and pack if going dinosaur hunting. A list can be written on the board: E.G.

**Clothes:**  
Trousers  
Shirt  
Boots  
Hat  
Utility belt

**Things to pack in bag:**  
Binoculars  
Chopper  
Spade  
Magnifying glass  
Bandages  
Water bottle

**As the music plays, the children get dressed into their explorer clothes and then kneel down to pack their explorer back packs.**

- Move energetically- Dancing
- Negotiate Space

## ACTIVITY 2: Explorers Ready!

Suggested Music: Track 8

The teacher guides the children on a journey to find the dinosaurs using a range of levels.

**Hide behind a bush and look through your binoculars** – can you spot a dinosaur?

**Creep on your hands and knees to the next bush** – be careful not to be seen!

**Run and duck** – a flying dinosaur is after you!

**Climb over huge rocks, up a mountain/tree** – be careful not to fall!

**Let's trudge through the mud** – quick pull out your leg!

**Time to hop into your boat and row** – be quick something is in the water!

**You've got to jump in and swim** – look out for what might be lurking!

**A T-Rex is coming, so lie down flat so you can't be seen.**

 Move energetically- Dancing

 Negotiate Space

## ACTIVITY 3: Dinosaur Dig!

Suggested Music: Track 9

The teacher explains that as explorers you have found a place to dig – let's see what we can find!

To the music the children start digging – they can start high (standing up) and get lower onto their knees

 Move energetically- Dancing

## ACTIVITY 4: Dinosaur Bones and Fossils

Suggested Music: Track 9

The children find some dinosaur bones/fossils: they now become the bones/fossils with their bodies and make angular, spikey shapes or curved rounded shapes – how many shapes can you make?

TP: Try to make both angular and rounded shapes. Can you change your level with each shape?

**DEMO VIDEO - 4**

 Move energetically- Dancing

## ACTIVITY 5: Dinosaur Egg

Suggested Music: Track 9

 Move energetically- Dancing

The children also find a dinosaur egg! The children are now going to be a dinosaur hatching from its egg.

Start small in an egg shape (ball)

Start rocking side to side (in a ball)

Roll over

Shoot arms out (cracking the egg.)

Slowly uncurl as the dinosaur hatching and coming up to standing

Extension: After hatching the children can go into their favourite chosen dinosaur move from Lesson 2, activity 3.

Challenge: Can they make their dinosaur travel around the space at different levels too?

## ACTIVITY 6: Explorer's Rehearse

Suggested Music: Track 9

The children get into pairs

They now put together the activities from the lesson to make an a day in the life of a dinosaur explorer:

**Activity 1:** Getting dressed and packing their bag

**Activity 2:** Explorer journey – the children can choose 3-4 ways of journeying around to find the dinosaurs: e.g. through the mud, in a boat, up a mountain.

**Activity 3:** The children then perform their digging sequence.

**Activity 4/5:** The children can choose whether to perform their bone/fossil moves or hatching egg dance.

**Challenge:** The children can do both their bone/fossil and egg hatching dances.

TP: Remember to use lots of different levels!



Move energetically- Dancing

## ACTIVITY 7: Performance!

Suggested Music: Track 9

Split the class into two. One half to dance and the others to watch.  
Teacher to spread out in groups and count them in to the music.  
Children can be mini-coaches and give feedback to the performers.

What levels did you see?

Can you tell me when someone used a high level? Low level?

What different levels did you use on your journey?

Get the children to describe the level they used and why.

Swap over.



Move energetically- Dancing

## 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 dinosaur explorers today?

What was your favourite moments on your journey?