

# DINO SCHEME (KS1)

# LESSON 4

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

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**

## 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.**

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.**

### ACTIVITY 3: Dinosaur Dig!

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.

### ACTIVITY 4: Dinosaur Bones and Fossils

1. 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? Can you change your level?

#### **Yr 2 Extension:**

The children get into groups of 4/5 and connect the dinosaur bones together:

- They stand in a circle. One at a time they come into the middle and create a spikey/ angular bone shape.
- The pose must connect to someone else by touch e.g. connecting backs, hands, feet etc.
- Continue until the whole group is connected in one big pile of dinosaur bones.

**Challenge:** Can the group slowly make a dinosaur as the bones connect together. Each member of the group taking a part of the dinosaur: head, wing, tail etc.

VIDEO 4 EXAMPLE SHAPES

## ACTIVITY 5: Dinosaur Egg

Suggested Music: Track 9

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 movements from L2 A3

**Yr 2 EXTENSION:** Group- make an egg shape and hatch open with a child being a dinosaur in the middle

## 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 and egg hatching dances.

**TP:** Remember to use lots of different levels!

## 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.

## 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?