

# DINOSAURS (NURSERY)

*Learning Intention: How can you move like a dinosaur?*



## 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 and skipping**

Resources:

MUSIC Track 1  
MUSIC Track 2  
MUSIC Track 3  
MUSIC Track 4  
MUSIC Track 5

## Warm Up: T-REX Footsteps

 Negotiate Space

The children walk around the room as dinosaur explorers but they must be aware of the T-REX and FREEZE when they see one.

1. The teachers asks the child to move around in different ways:

- Stomping through the grass
- Swimming through the water
- Rowing in a boat
- Crawling through a cave

2. When the teacher shouts T-REX – the children **MUST FREEZE** keeping at still as possible, try not to wobble or the T-REX might see you

## ACTIVITY 1: Dinosaur Egg

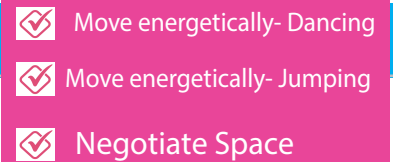
 Demonstrate co-ordination

The children are to creep around and find a dinosaur egg!

Extension: They could find a Rugby ball and walk around with it pretending its an egg

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

1. Start small in an egg shape (ball)
2. Start rocking side to side (in a ball)
3. Roll over
4. Shoot arms out (cracking the egg.)
5. Slowly uncurl as the baby dinosaur hatching and coming up to standing
6. Can the children pretend and move around like baby dinosaurs?



The teacher will now introduce different dinosaurs moves:

**FAST Dinosaurs:**

Children to move around fast

**Slow Dinosaurs:**

Children to move slowly

**Stomping Dinosaurs:**

The teachers asks the children to stomp with very heavy feet to the music.

**Flying Dinosaurs:**

The teacher asks the children to spread their arms out wide and move them up and down quickly to the music as wings.

**Tall Dinosaurs:**

Children to move around like tall dinosaurs.

**Small Dinosaurs:**

Children to move around like small dinosaurs.

**Spiky Dinosaurs:**

Children to move around like spiky dinosaurs.

**Sleeping Dinosaurs:**

Laying down

**Hungry Dinosaurs:**

Eating food

**Dinosaurs moves:**

Can the children make up their own dinosaurs moves?

1. We are going on a dinosaur hunt! Children to get dressed...

Put on your...

- Trousers
- T-Shirt
- Shoes
- Hat

Now pack your bags:

- Binoculars
- Water bottle

2. Now add the music- talk through each step with the children

- Getting dressed into their explorer clothes
- Kneel on the floor to pack their explorer back packs.

3. The children then walk around the room searching for dinosaurs.

Can they use binoculars to look?

4. When the music stops the teacher calls out 'Hide' and the children have to get down as low as possible to the floor.

5. Stop- get your drink out of your backpack its thirsty work looking for dinosaurs!

What will you find next...

### COOL DOWN

Time for bed. Children imagine they are walking home after their fun day of exploring. Get ready for bed, clean their teeth. Get into bed and lie down and close their eyes

### PLENARY

**Did you enjoy being a dinosaur today?**

**Which was your favourite dinosaur?**