

# DANCE LESSON 6

# EARLY YEARS

Learning Intention: How can you show an ending to your dance?

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 dancing, running, jumping, hopping and skipping

**Music: Track 1**  
**Music: Track 3**

## WARM UP: (Super-Fun!)



Negotiate Space



Move energetically- Dancing

**Music: Track 1**

Teacher combines a range of commands from all previous lessons. Children walk around to the Superman Theme Music listening out for the commands:

Teacher calls out different warm-up actions: **walk, gallop, jump etc.**

Teacher calls out different superhero travel moves: **duck, crawl, freeze, climb, swing etc.**

Teacher calls out superhero sounds actions: **zap, pow, whoosh, bang etc.**

Teacher calls out different environments to walk on: **ice, mud, rock, water, sand etc**

## ACTIVITY 1: Super-prepared! (Getting dressed phrase)



Move energetically- Dancing

**Music: Track 3**

1. Children to Recap 'Getting Dressed' own phrase from lesson 2.



## ACTIVITY 2: Super-prepared (Travel Sequence)



Move energetically- Dancing

**Music: Track 3**

1. Recap Travelling sequence (travelling like a superhero towards their partner) from lesson 3 .
2. To move towards each other to start their super-hero battle



## ACTIVITY 3: Super-prepared (Super-hero battle)



Move energetically- Dancing

**Music: Track 3**

1. Recap Super-hero battle with their partner from lesson 4 – (**pow, zap, whoosh etc taking it in turns**)

2. Remind them it was their four favourite movements - Child A sends Child B their POW move, then child B Sends Child A the POW move back....and so on, until all four moves have been performed.



## ACTIVITY 4: Super-excited! (Dress rehearsal)

 Move energetically- Dancing

### Music: Track 3

1. Teacher guides the children through the whole dance performance linking all sections together (Activity 1-3)
2. Give the children time to go through the dance with the music playing all the way through
3. Split the class in two and perform one at a time. You can video the children dancing to use for assessment purposes or self/peer assessment with the children.

**Make it easier** – prompt the children what the next part of the dance is

**Make it harder** – children to know from the change of music what part of the dance is next

Dance order:

1. Getting Dressed
2. Travelling Sequence
3. Superhero Battle

TP: Explain to the children that they are telling the story through their movements so they need to make sure people watching know the superheroes' they are being and the story they are telling.

## ACTIVITY 5: Super-Showtime! Dance performance

 Move energetically- Dancing

Let the children watch the video of them dancing. What did they enjoy?

1. The children can still be mini-coaches and give feedback to the performers. What did they like about the performance? What went well? What moves did they like?

### COOL DOWN

Children will have been sat watching the performance so have them find a space lying on the floor and do some stretches:

Stretch out long (arms above head) and curl up into a ball X4

Stretch out wide (stretch out into a star-shape) and curl up into a ball X4

### PLENARY

Ask the children what they liked about their superhero adventure.

Did they like being a superhero? Did they enjoy their mission?

What was their favourite part and why? How did they show the final performance and end to all their hard work?