

SPACE DANCE LESSON 3

Year 1 & 2

Learning Intention: *How can you perform dance movements with control?*

Yr 1

I can perform dance movements with support

I can basic perform dance movements with some control

I can perform dance movements with co-ordination and control

Key Words: Time, action start, Finish, Levels

EQUIPMENT:

Track 1

Track 2

Yr 2

I can perform basic dance movements with some control

I can perform dance movements with co-ordination and control

I can perform dance movements showing fluency, control and co-ordination

Key Words: Movement, control, count, beat , travel

STARTER

Astronauts on the Moon - teacher can play a video to show how astronauts move in space and how they are weightless.

WARM UP: Astronauts

Children to move around like they are astronauts. If teacher calls an action:

Slow motion – children move in slow motion

Skipping astronauts – children skip around

Crater jump – children pretend to jump/leap over the craters on the moon

ACTIVITY 1: Recap

1. Children to practise and recap "Take-off" and "Planets" dance phrases from last lesson. Practise with a tambourine and then with the music

ACTIVITY 2: Moving like Astronauts

Track 2

1. Ask the children to describe how astronauts move on the moon.
2. Use key words such as float, bounce, slow motion, jumping over craters.
3. Ask the children to move around the room as though they are astronauts.
4. Give the children time to practise this.
5. Children to try this in **time** to the tambourine.
6. Choose some children to demonstrate their astronaut **movements**.
7. Now try this to the music.

How can you **control** the **movements**?

ACTIVITY 3: Astronaut Dance

Track 2

1. Teacher to put children into groups of 4/5.
2. Explain to the children that this is the next part of the dance (dance phrase).
3. Children will move from their planet position into astronauts.
4. Children to explore ideas with their groups. What could the astronauts do on the moon?
E.g. investigate the moon rock, put their flag on the moon.

Progress to dance

1. In groups children to make up their own astronaut dance.
2. Have the music playing whilst they are practising.
3. How can they perform dance **movements** with **control**?

Make it easier: May need support with ideas and how to perform different actions.
Teacher to model ideas.

Make it harder: Encourage to be controlled.
To come up with their own starting positions

ACTIVITY 4: Consolidation of Learning

1. Listen to the music with the children.
Explain that they are going to combine the dance phrases together.

TEACHING POINT:

The teacher can call out instructions, reminding the children of what is coming next.

Dance so far: Take-off
Planets
Astronauts

Challenge: Can they move onto the next dance phrase without being prompted?

Make it harder: To take a lead when dancing.

ACTIVITY 5: Performance and Feedback

1. Split the class into two. One half to dance and the others to watch.
2. Children to evaluate each other's performance.
3. Q & A – What went well? Did they show control when performing? How can they improve?
4. Swap over roles.

COOL DOWN

Children to move around in slow motion in their favourite astronaut

PLENARY

Ask the children what they liked about today's lesson.
What do they think they did well? What do they think they could make better?
What was important when performing their dance movements?

