

SPACE DANCE LESSON 4

Year 1 & 2

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

Yr 1

I can perform basic movements showing two different levels

I can perform dance movements showing a variety of levels

I can perform dance movement in time to the music showing a variety of levels

Key Words: Time, action start, Finish, Levels

Yr 2

I can perform dance movements showing a variety of levels

I can perform dance movements in time to the music showing a variety of levels

I can perform complex dance movements in time to the music, showing a variety of levels

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

EQUIPMENT:

Track 3

or other Suggested music:
The X-files

Sci-Fi Themes:
The London Theatre Orchestra (1996)

WARM UP: Alien Fun

Children to move around, imagining they are an astronaut.

If teacher calls:

FREEZE low = children are to freeze in their astronaut position at a low level

FREEZE middle = children are to freeze in their astronaut position at a medium level

FREEZE high = children are to freeze in their astronaut position at a high level

Recap/Progress check of **levels**

ACTIVITY 1: Recap Dance

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

ACTIVITY 2: Moving Like Aliens

Track 3

1. Ask the children to describe how they think aliens would move.
2. Ask the children to move around the room as though they are aliens.
3. Ask the children to think how they can move at different levels- can they show these **levels**?
4. Children to try this in **time** to the tambourine.
5. Choose some children to demonstrate their alien **movements** at different **levels**.
6. Now try this to the music.

Try and keep control with the **movements**

Make it easier: May need support with ideas and how to perform at different levels.

ACTIVITY 3: Alien Dance

Track 3

1. Teacher to work in their groups of 4/5. Explain to the children that this is the next part of the dance (dance phrase).
2. Children will move from their astronauts into aliens.
3. Children to explore ideas with their groups.

Remember to try and keep in **time** to the music

Progress to dance

1. In groups children to make up their own alien dance.
2. Have the music playing whilst they are practising.
3. How can they perform dance **movements** at different **levels**?

Make it easier: May need support with ideas to show different levels.

Make it harder: Encourage fluency between levels.

ACTIVITY 4: Alien Dance

Track 1-3

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

Dance so far: Take-off

Planets

Astronauts

Aliens

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

Challenge: To take a lead when dancing.

ACTIVITY 5: Performance and Feedback

Track 1-3

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.

Make it easier: Count the children down from 4 to warn them that they are going to have to change activity. You could also use cards to give the children visual clues.

COOL DOWN

Children to move around in slow motion in their favourite alien move.

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 did they have to think about when dancing?