


# ***PE KS1 Units 1&2***

## ***Dance Activities 1&2***

Ourselves-The Body



# Lesson 1 Ourselves-The Body

 **35-40 mins**

## Learning Objectives

### Children should learn:

- To explore movement ideas and respond imaginatively to a range of stimuli;
- To move confidently and safely in their own space, using changes of speed, level and direction;
- To explore a range of actions with coordination and an awareness of the expressive qualities of the dance;
- To recognise how their body feels when still and when exercising;
- To watch and describe dance phrases and use what they learn to improve their own work.

## Success Criteria

### Children:

- Talk about different stimuli as the starting point for creating dance phrases;
- Respond to different stimuli with a range of actions;
- Copy and explore basic body actions demonstrated by the teacher;
- Know where their heart is and understand why it beats faster when exercising;
- Use simple dance vocabulary to describe movement phrases and expressive phrases and expressive qualities.

## National Curriculum Attainment Targets

### Pupils should be taught to:

perform dances using simple movement patterns.

## Vocabulary

arm, change direction, clench, down, fingers, fists, forwards, freeze, high, leg, low, middle, straight, stretch, toes, turn, wiggle

## Resources

- **KS1 Dance CD** tracks 52 and 53
- CD player

## Warm-up

 **15 mins**

- Ask the children to sit near you, legs crossed, back straight, shoulders relaxed. Ask the children to copy you as you do some simple finger exercises. 1. Wiggle fingers on both hands, 2. Clench fists and then stretch fingers wide, 3. Stretch fingers wide and then clench fists. Do each of these actions eight times.
- Ask the children to point to different parts of their body as you name them e.g. arm, leg, foot, knee, head, eyes, mouth and ears.
- Ask the children to show you wide, bright eyes, looking about the room.
- Tell the children to move slightly back from you to a space where they are not touching anyone. Tell them to lie down on their backs and close their eyes.

- Ask the children to stretch an arm up and then wiggle their fingers. Ask them to stretch the other arm up and then wiggle their fingers. Stretch a leg up and wiggle toes, then stretch the other leg up and wiggle toes. Do this several times. Encourage the children to really stretch far and wiggle fingers and toes wide.

## Starting the Dance with the Music

### 20-25 mins

- Ask the children to sit up slowly and open their eyes. Play **Track 52: 'Heartbeat and Stretching'**. Tell the children to lie back down, close their eyes and stretch their arms and legs and wiggle their fingers and toes with the music. There is a stretching sound for an arm and a wiggle sound for fingers, followed by another stretching sound for an arm and a wiggle sound for fingers. The third stretching sound is for a leg and a wiggle sound for toes and the fourth stretching sound is for the other leg and a wiggle sound for toes.
- When the children hear **Track 53: 'Open Eyes'** tell them to open their eyes, sit up and slowly stand up with eyes staring about the room and smiley faces.
- Repeat **Tracks 52 and 53** again prompting the children to stretch arms, wiggle fingers, stretch legs, wiggle toes and stand up with eyes wide open.
- Always praise the children individually and as a group looking for lovely stretching and good facial expression.
- Split the class into two groups and ask half to perform whilst the other half views. Make sure the performers are lying down well spaced and still, ready to start.
- Tell the children viewing to look for lovely stretched arms, fingers, legs and toes and good facial expression wide eyes and smiley faces. Swap the groups over.
- If there is time, go through the dance all together again from track 52.

## Cool-down

### 5 mins

- Encourage the children to lie down on their backs. Tell them to keep their arms and legs on the floor very relaxed and heavy. Ask the children to tense their muscles and hold for a count of 5. (count for the children) Repeat.
- Ask the children to get up very slowly from the floor with a straight back, shoulders relaxed. They should keep their eyes looking at the floor and bring their heads up last.