

Lesson Plan for Key Stage 1 Dance

Order Teaching Pack

(contains full printed lesson and CD of tracks used)

Objectives:

- Understand the importance of warm-up
- Explore movement ideas based on a story
- Work together in pairs, leading and following
- Respond to music in performance

The 4 Strands of the National curriculum:

- Acquiring and Developing Skills
- Selecting and Applying Skills, Tactics and Compositional Ideas
- Knowledge and Understanding of Fitness and Health
- Evaluating and Improving Performance

Unit Contents:

Week 1: Sneaking & Looking

Week 2: The Puppet

Week 3: Puppets Resist

Week 4: Puppets are Free!

Week 5: Rehearse

Week 6: Finish & Perform

Tracks Used *(click on links below to audition)*

- ♪ ["Behind You"](#) (Dance Notes Volume 5)
- ♪ ["Sand Dance"](#) (Dance Notes Volume 1)
- ♪ ["Clouds"](#) (Dance Notes Volume 6)
- ♪ ["A Tender Moment"](#) (Dance Notes Volume 5)

To order CDs: please [click here](#)

Week 1: Sneaking & Looking

[\(order CDs\)](#)

♪ "[Behind You](#)"

Starter

Discuss different toys of today and toys from history.

We are going to create a story of finding and opening a present that will become our toy puppet.

Warm up

Discuss why and how preparing our body prevents injury.

What type of exercises do we need to do?

- Pulse-raiser
- Mobilise our joints
- Stretch

Begin by everyone pointing to all the joints in the body and then mobilize them.

Circle through the joints and add a big travelling turn and jump.

Main *"Behind you" (Dance Notes Volume 5)*

A Begin in a small start position, then slowly creep and sneak around the hall.

How can you make a hiding shape e.g. Behind your arm or leg or twisting?
You can use other bodies to hide under or behind.

B On a sudden sound from the teacher, run and hide in a space!

C In twos: one of you find a space, wrapped up tight like a present.

The other can begin sneaking and peeping at all the other wrapped up toys.
Which body part shall you open first?

When all have explored and peeped at the toys, return to own partner and begin to unwrap.

D Swap over and repeat.

Cool Down

Circle through all the joints this time very slowly.

Key Vocabulary:

story, preparation, creep, sneak, partners

Week 2: The Puppet

[\(order CDs\)](#)

♪ "[Sand Dance](#)" ♪ "[Clouds](#)"

Starter

Re-cap beginning of story from last lesson.

Warm up ♪ "Sand dance" (Dance Notes Volume 1)

Circle through the joints and add a turn and jump.

Choose pupils to add more moves

Try to perform with precision and more speed.

Main ♪ "Clouds" (Dance Notes Volume 6)

A Demonstrate with a pupil in the "wrapped up" position, gentle touch a joint and pretend there is a piece of string attached between your fingers and his/hers joint, the pupil needs to follow your fingers with his/her body part, creating the illusion of a string puppet.

B Explore in twos:
What sort of movements can you make your puppet do?

Select 3 or 4 partners to demonstrate good ideas.

C Swap over and repeat

Cool Down

With a different partner:

Can you stretch your puppet to cool their body down?

Key Vocabulary:

puppet, lead, follow, manipulate

Week 3: Puppets Resist

[\(order CDs\)](#)

♪ "[Sand Dance](#)" ♪ "[Behind You](#)" ♪ "[Clouds](#)"

Starter

Re-cap last lesson

Warm up

 ♪ "Sand dance" (*Dance Notes Volume 1*)

Circle through the joints and add a turn and jump.

Choose pupils to add more moves

Try to perform with precision and more speed.

Main

A Let's rehearse dance so far!

♪ "Behind you" (*Dance Notes Volume 5*)

Searching and peeping

♪ "Clouds" (*Dance Notes Volume 6*)

Unwrapping and discovering puppet

Making the puppet dance.

B What happens if the puppet does not want to be controlled anymore?
How will that change the movements?

Explore - and use good examples to demonstrate - slow, tense and strong movements whilst the puppet pulls away from the puppeteer.

♪ "Clouds" (*Dance Notes Volume 6*)

Perform with music.

Cool Down

The last exercise can be extended into a cool down by making longer extended movements.

Key Vocabulary:

search, peep, unwrap, manipulate, resist

Week 4: Puppets are Free!

[\(order CDs\)](#)

♪ "[Sand Dance](#)" ♪ "[Behind You](#)" ♪ "[Clouds](#)"

Starter

Re-cap whole of dance so far.

- Searching & peeping
- Unwrapping
- Puppets
- Puppets fight back/resist.

What will happen next in our story? Puppets break free!
Discuss what sort of movements can be used.

Warm up ♪ "Sand dance" (Dance Notes Volume 1)

Circle through the joints and add a turn and jump.
Try to perform with precision and more speed.
Add more movements

Main ♪ "Behind you" (Dance Notes Volume 5)

♪ "Clouds" (Dance Notes Volume 6)

A Rehearse the whole dance

B After puppets have pulled on strings, imagine strings are suddenly cut!

Puppets flop to the ground and puppeteers follow.

You can begin dance again and swap puppet/puppeteer roles so each child gets to do each section of the dance in full.

C All stand and begin individual free-puppet celebration dance
Choose 4 or more movements that the whole class can perform together in unison.

Cool Down

Full body stretch laying on floor. Breathe in whilst tensing all muscles, relax whilst breathing out

Key Vocabulary:

search, peep, unwrap, manipulate, resist, escape, celebration

Week 5: Rehearse

[\(order CDs\)](#)

♪ "[Sand Dance](#)" ♪ "[Behind You](#)" ♪ "[Clouds](#)" ♪ "[A Tender Moment](#)"

Starter

Re-cap whole of dance so far:

- Searching & peeping
- Unwrapping
- Puppets
- Puppets fight back/resist.
- Puppets are free
- All puppets dance together.

Warm up ♪ "Sand dance" (Dance Notes Volume 1)

Circle through the joints and add a turn and jump.

Choose pupils to add more moves

Try to perform with precision and more speed.

Add more movements

Main ♪ "Behind you" (Dance Notes Volume 5)

♪ "Clouds" (Dance Notes Volume 6)

A Rehearse the whole dance

Cool Down ♪ "A Tender Moment" (Dance Notes Volume 5)

Full body stretch, lying on floor. Breathe in whilst tensing all muscles, relax whilst breathing out.

Key Vocabulary:

search, peep, unwrap, manipulate, resist, escape, celebration, rehearse

Week 6: Finish & Perform

[\(order CDs\)](#)

♪ "[Sand Dance](#)" ♪ "[Behind You](#)" ♪ "[Clouds](#)" ♪ "[A Tender Moment](#)"

Starter

Re-cap whole of dance so far:

- Searching & peeping
- Unwrapping
- Puppets
- Puppets fight back/resist.
- Puppets are free
- All puppets dance together.

Performance skills: how to end our dance? Puppets dance off stage or do they go back to being wrapped up?

Warm up ♪ "Sand dance" (Dance Notes Volume 1)

Circle through the joints and add a turn and jump.

Choose pupils to add more moves

Try to perform with precision and more speed.

Add more movements

Main ♪ "Behind you" (Dance Notes Volume 5)

♪ "Clouds" (Dance Notes Volume 6)

A Rehearse the whole dance

B After Puppets have danced by themselves and the whole class has performed free puppet movements, they can slowly return to start positions (maybe the whole story was a dream or maybe the puppets dance off leaving the puppeteers sad).

C Perform to an audience!

Cool Down ♪ "A Tender Moment" (Dance Notes Volume 5)

Full body stretch, lying on floor. Breathe in whilst tensing all muscles, relax whilst breathing out.

Key Vocabulary:

search, peep, unwrap, manipulate, resist, escape, celebration, rehearse, perform

Resources

1. Dance Notes music CDs

All the music you will need to deliver this and other lessons from the free online library can be found within the *Dance Notes* CD set. If you are viewing this lesson plan online, you can click on any of the links [♪like this](#) to hear an extract of the music to which the plan has been created. Below you will find links to this unit's tracks.

- ♪ ["Behind You"](#) (*Dance Notes Volume 5*)
- ♪ ["Sand Dance"](#) (*Dance Notes Volume 1*)
- ♪ ["Clouds"](#) (*Dance Notes Volume 6*)
- ♪ ["A Tender Moment"](#) (*Dance Notes Volume 5*)

To order your CDs, click on the [\(order CDs\)](#) link or visit:

www.dancenotes.co.uk/Tracks.html

Alternatively, complete the attached form and fax your order on 0870 759 8462

2. Dance Notes Teaching Packs

A pre-printed copy of this and all the downloadable Dance Notes lessons are now available for you to own, saving you the need to download, store and print the lessons. Each includes a CD of all the tracks you will need and your first order comes with a free handy binder. Lessons are printed on high quality heavy-grade card, which can be easily slipped from the binder for use in the classroom, then returned for safe storage.

There's also a big saving to be made when you buy any five teaching packs: for details, see the 'multipack' information at:

www.dancenotes.co.uk/printedlessons.html

Dance Notes Order

Ref. (optional):

FAO

Title:

Initials:

Surname:

ADDRESS

School/Organisation:

Street:

Town/City:

Post Code:

CONTACT

Tel:

Email:

Required for order confirmation

Items Required

		Price/Item
Dance Notes 6-CD set:	<input type="text"/> (No. required)	£89.95
"Toys" Teaching Pack:	<input type="text"/> (No. required)	£29.99
Multi-pack: <i>(please list 5 lessons below)</i>	<input type="text"/> (No. required)	89.95

Individual CD: Volume ____ *(specify)* (No. required) £24.99

Postage & handling per order £4.50

Order Total £

Signature: _____

Date: _____

Please post your order to the address below or fax on 0870 759 8462

PLEASE NOTE. If you are making an individual purchase (not through a school, college or other educational establishment), a cheque – payable to **B A Madigan** – must accompany your order.

Returns will only be accepted in the case of faulty goods. Your details will not be made available to anyone else.