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Key Stage 1

Dancing Around The World



Heather Spare

Dance

Key Stage 1

Lesson Plan for Key Stage 1 Dance

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Objectives:

- Explore the theme of different environments and cultures of the world.
- Use various stimuli, such as music and masks
- Learn different dance styles
- Appreciate the importance of warm ups, cool downs and stretching.
- Create dance material alone and with others, using different body parts, levels and dynamics.
- Learn control and co-ordination in travelling, jumping, turning, gesture and stillness.
- Use movement expressively to explore moods and feelings.
- Make simple judgements about dance.

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: 'Chinese Dragon Dance'

Week 2: 'Ancient Egypt'

Week 3: 'Mexican fiesta'

Week 4: 'The Antarctic and the Albatross'

Week 5: 'Native Americans'

Week 6: 'The Desert'

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

- ◀ ["Dragon Dance"](#)
- ◀ ["Sand Dance"](#)
- ◀ ["Cut To The Chase"](#)
- ◀ ["Kingdom of the Fairies"](#)
- ◀ ["Pow Wow"](#)
- ◀ ["Desert Rain"](#)

Week 1: Chinese Dragon Dance

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Warm up

Children skip or run around the space. Teacher claps hands every so often and asks the children to dance like a particular animal, e.g. horse, snake, fish, monkey and dragon.

Stretch

Stretch arms, sides of the body, and upper and lower legs.

Main

A Talk about the Chinese dragon (see resource notes).

B ◀ "Dragon Dance"

Children find a space and dance like the dragon. Teacher encourages children to explore the movement with helpful hints as appropriate, e.g. snake-like movement, five claws, lift, dip, push forwards, sweep the head, power, frightening but friendly, bold (etc.)

C Put the children in pairs to fix the dragon movement (choosing four of their favourite moves is a good way to start).

D The Chinese dragon has power over the weather. Ask each pair to be the weather (rain, thunder and lightning) and the dragon controlling it. The pupils can take it in turns to do each part.

E Movement discussion: half the class watches the other as pairs perform what they have come up with. (See resources for evaluation guidelines).

F Put the pairs into groups of four to make a group dragon. Get them to explore how it moves (see B for helpful hints).

Cool Down ◀ "Dragon Dance"

Children move around the space as if the dragon is in water until it gradually comes to rest. Stretch arms, sides of the body and upper and lower legs.

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Full 6-Week Lesson Scheme

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