

# Key Stage 1

## Toys



By Michelle Rochester

Dance

Key Stage 1

## Lesson Plan for Key Stage 1 Dance

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#### 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

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

## Week 1: Sneaking & Looking

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#### 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"

**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

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#### Starter

Re-cap beginning of story from last lesson.

#### Warm up ◀ ["Sand Dance"](#)

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"](#)

**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

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#### Starter

Re-cap last lesson

#### Warm up ◀ ["Sand Dance"](#)

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"](#)

Searching and peeping

##### ◀ ["Clouds"](#)

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"](#)

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!

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#### 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"](#)

Circle through the joints and add a turn and jump.

Try to perform with precision and more speed.

Add more movements

#### Main ◀ ["Behind You"](#) ◀ ["Clouds"](#)

**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

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#### 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"](#)

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"](#)

#### ◀ ["Clouds"](#)

A Rehearse the whole dance

#### Cool Down ◀ ["A Tender Moment"](#)

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

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#### 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"](#)

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"](#)

##### ◀ ["Clouds"](#)

**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"](#)

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*