Order Teaching Pack

Key Stage 1

Minibeasts

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Dance
Key Stage 1
Lesson Plan for Key Stage 1 Dance

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Curriculum Objectives:
- Develop fundamental movement skills (agility, balance & coordination)
- Become increasingly competent and confident in moving the body
- Work individually and with others
- Engage in co-operative physical activities
- Explore a range of increasingly challenging situations

Learning Outcomes:
- Master a variety of basic movement patterns
- Develop balance, agility and co-ordination
- Perform dances using simple movement patterns

Unit Contents:

Week 1: Small World

Week 2: Metamorphosis

Week 3: Colonies

Week 4: Habitats

Week 5: Setting the Dance

Week 6: Rehearse and perform

Tracks Used
- "It's Driving Me Sane"
- "Metamorphosis"
- "Gremlins"
- "Obscured by Layers"
- "Ebb and Flow"
- "Watching"
- "These are the Days"
- "Something Round Here"
- "Busy Bees"
Minibeasts

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Week 1: Small World

Starter
Discuss mini beasts, what are mini beasts? How many do the children know? What different ways do they move?

Think about the different things that make up a minibeast: legs, wings, web, antenna, tail, pincers, slime, exoskeleton, shell, etc.

Warm up ➤ “It’s Driving Me Sane”
Allow the children to explore moving like different minibeasts; think about the different challenges that being so small can create.

Try to move like at least 3 different types of creature; think about how each one differs in its movement and how you can use your body to demonstrate this.

Main ➤ “It’s Driving Me Sane”
A Continuing from the warm up; teacher, pick out 6 good examples of minibeast movement to show the class: think about use of space, height, direction, pace, speed, etc.

B Have another go; do your movements improve?

C Pick your favourite mini beast and show to the class in two groups. Can the watchers guess what minibeast you are? Evaluate which movements demonstrate this best?

E Change the groups over and repeat.

Cool Down ➤ “Ebb and Flow”
Lie still and think about your body: is your heart beating fast? Individually tense and relax all of your muscles from your toes to your face.

Key Vocabulary:
challenges, demonstrate, space, height, direction, speed, improve, evaluate, individually, tense
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Full 6-Week Lesson Scheme

Thank you for sampling this lesson: to order the full 6-week scheme, please click here.

The complete teaching pack includes the course outline (as shown); your 6-week lesson plan; supplementary teaching notes and full integrated music tracks. You can stream the music directly from the web, download tracks as mp3s or have them delivered on a CD. You may also have a pre-printed lesson sent to you in a handy display folder (see order page for options).

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