Order Teaching Pack

Key Stage 1

Space

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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: Rockets
Week 2: The Moon
Week 3: Planets
Week 4: Aliens?
Week 5: Finalise the Dance
Week 6: Rehearse and Perform

Tracks Used
- “Then...I Open the Door”
- “Inner Space”
- “Drawing Nearer”
- “Robots on the Run”
- “A New Dawn”
- “Sun”
- “Anywhere but Here”
- “Turning”
Week 1: Rockets

Starter
Discuss Space and the idea of travelling around our solar system. What is involved in space travel? What would you want to see?

Warm up “Then...I Open the Door”
You are an astronaut; put on your space suit, making sure every part is correctly fastened. Start with the toes, rotating and tensing each section of your body, all the way up to putting on your helmet.

Once you are secure in your space suit, find a space and we will count down to blast off.

When you blast off, think of 3 different ways of jumping e.g.
- star jump
- bunny hop
- from crouching
- two feet together
- from foot to foot
- hop scotch
- jump to turn or change levels
- etc.

Teacher, pick a few of the most inventive ones for everyone to try. (Jumps do not always have to go upwards!)

Main “Inner Space”
A You have now left the earth’s atmosphere and are travelling into space. Move around the room as if you are a rocket - listen to the music and try to move to it.

Think about spatial awareness, speed and direction.

Teacher, shout “all change” at intervals: children change the direction they are travelling, taking care not to bump into each other.

B Divide the class into two groups. One group are to be objects in space (rocks or meteors, satellites, space debris, black holes). The other group, the rockets, need to avoid the space objects while continuing on their journey.

Both groups need to think about how they move: levels, speed, direction and shape.

C Swap the groups over and repeat.
Cool Down  “Drawing Nearer”
Imagine how astronauts feel in the vastness of space: it is cold and lonely up here. Curl up into a tiny ball, starting from the head, all the way to your toes, and reverse. Repeat as desired.

Key Vocabulary:
level, speed, shape, direction, travelling, spatial
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Full 6-Week Lesson Scheme

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