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Key Stage 1

Minibeasts



Aviva Epstein

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"](#)

Week 1: Small World

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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

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