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# Key Stage 1

## Monkey Puzzle



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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: I've Lost my Mum

Week 2: No no no! That's an Elephant

Week 3: No no no! That's a Snake

Week 4: No no no! That's a Parrot

Week 5: No no no! That's a Bat

Week 6: No no no! That's my Dad!

#### Tracks Used:

- ✦ ["Crazy Lizards"](#)
- ✦ ["Sun"](#)
- ✦ ["Here We Go Swaying"](#)
- ✦ ["Drum Talk"](#)
- ✦ ["Tri-Cycle"](#)
- ✦ ["Morning"](#)
- ✦ ["Stepping Stones"](#)
- ✦ ["Take Flight"](#)
- ✦ ["Soldier Ants"](#)
- ✦ ["Journey of Discovery"](#)

## Week 1: I've Lost my Mum

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#### Starter

Read pages 1 to 4 of the book 'Monkey Puzzle' by Julia Donaldson and Axel Scheffler. Discuss what you have read.

*The book is set in the jungle. It's about a monkey who has lost his mum and a butterfly, who is going to help him.*

#### Warm up ◀ "Crazy Lizards"

- A. Travel around the room, first using leaps - as if jumping from tree tops. Then army-crawl along the floor, as if you are a small creature on the jungle floor.
- B. There are big and small creatures in the jungle. Explore big, stretching shapes and small shapes. Move quickly and slowly between them, contracting and stretching your muscles.
- C. Hold a tall balance, as if you were a large tree. This helps to make us focused.

#### Main ◀ "Sun"

Monkey improvisation: explore how monkeys move, using different actions and dynamics.

Butterfly improvisation: explore how butterflies move, using different actions and dynamics.

Choose your 3 favourite moves. Then practice them and share with a partner.

#### Cool Down ◀ "Here We Go Swaying"

The monkey says "She's big! Bigger than me". Make your body stretch as big as you can.

#### Key Vocabulary:

*travel, shapes, actions, dynamics, speed, practice, stretch*

## Order Your Lesson Pack

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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](#)

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