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Key Stage 1

Pirates & Treasure



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: Pirates

Week 2: Weather

Week 3: Under the Sea

Week 4: Buried Treasure

Week 5: Battle

Week 6: Escape

Tracks Used

- ✦ ["Sailors Jig"](#)
- ✦ ["Ebb and Flow"](#)
- ✦ ["Globosphere"](#)
- ✦ ["Drawing Nearer"](#)
- ✦ ["Floating"](#)
- ✦ ["Anywhere But Here"](#)
- ✦ ["Heel-Toe Polka"](#)
- ✦ ["Wasteland"](#)
- ✦ ["Icebergs"](#)
- ✦ ["Into Battle"](#)

Week 1: Pirates

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Starter

Discuss life on board a pirate ship, what was day to day life like?

Warm up ◀ "Sailors Jig"

Think about what jobs pirates carried out in running the, ship such as:

Swabbing the deck,
Hoisting the sail,
Climbing the rigging,
Walking the plank,
Cooking food
Steering the ship
Etc.

Teacher, pick some of the good ideas for the children to represent. Pupils walk around, constantly changing direction, awaiting instructions from the teacher. Think about spatial awareness, not bumping into each other and using all of the room.

When the teacher stops the music and calls out a task, children stop walking, then move as if they are doing that job. Teacher, pick out some good movements to share with the whole class.

Main ◀ "Sailors Jig"

A Drawing on the warm-up, ask the children to imagine they are pirate, how does he walk, hold himself and act? Using some of the ideas about the life of a pirate, give the children a chance to explore and play at being pirates. Think about the swaying nature of living on a ship.

Can you move around the room trying different ways to move while performing your pirate duties and deciding when you want to change? Try to perform your own dance and not copy others.

B Teacher, pick 6 of the children to demonstrate good pirate movements: think about transitions of the movements; how do you get from one to another using the space and your physicality?

C Try once more and see if your movements improve.

D Divide the class in half and ask one to perform their pirates while the others watch. Ask the observers to evaluate the dances; can they guess what jobs the dancers are demonstrating?

E Change the groups over.

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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:

direction, instruction, spatial awareness, pose, demonstrate, perform, evaluate

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Full 6-Week Lesson Scheme

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