

[Order Teaching Pack](#)

Key Stage 1

Seasons



Michelle Rochester

Dance

Key Stage 1

Lesson Plan for Key Stage 1 Dance

Order Teaching Pack

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: Spring!

Week 2: Spring into Groups

Week 3: Summer

Week 4: Autumn

Week 5: Winter

Week 6: The Four Seasons

Tracks Used:

- ✦ ["The One That Got Away"](#)
- ✦ ["Busy Bees"](#)
- ✦ ["Father Mielek"](#)
- ✦ ["Follow That Cab"](#)
- ✦ ["What Have We Here?"](#)
- ✦ ["A Tender Moment"](#)
- ✦ ["Aztec"](#)
- ✦ ["Awakening"](#)
- ✦ ["Spirits of The Forest"](#)
- ✦ ["Bing Bang Bong"](#)
- ✦ ["Lift Me Up"](#)
- ✦ ["These are the Days"](#)

Week 1: Spring!

Order Teaching Pack

Starter

Discuss springtime (*new beginnings, growth, sunshine*). What changes can we see around us? What colours, sounds and shapes do we notice? How does this make us feel?

Warm up ◀ "The One That Got Away"

Walk around, keeping your own space, before building to a jogging pace. On the teacher's instruction, perform the action they describe: e.g. "explode", "spring", "burst", etc. For each, jump into a wide-open shape and hold for 4 counts.

Model creative shapes and those that are using different levels, e.g. high or low; those that are on one leg or hand & foot; etc.

Main ◀ "Busy Bees"

- A. Find a space and begin to open and close one hand. Which other parts of our body can we open and close? Now try using different levels and directions.
- B. Find a partner and create a small, closed shape that explodes to a large, open shape.
- C. Join another pair and now work in your group of four to create a shape that gently opens out.
- D. Now would be a good time to show each other what we have created so far.

Cool Down ◀ "Father Mielek"

Find a space and choose your favourite big, open position. Then, in slow motion, close your shape until still. Repeat.

Key Vocabulary:

solo, duet, slow motion, explode, Spring, opening and closing

Order Your Lesson Pack

Order Teaching Pack

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).

To browse the full range of teaching packs, preview other lessons, audition music or place an order, please [click here](#)

Alternatively, a Dance Notes Licence will equip your entire school with:

- Unlimited lesson downloads
- Unlimited music downloads
- Instant lesson streaming
- Supplementary teaching materials
- Bonus lessons
- New topics on demand
- Email support
- CDs by request (Annual/Monthly Licence)

[Find out more about Licence options here](#)

Thanks for your interest in Dance Notes. If you have any comments or would like more information, please call 01225 313082 or email info@dancenotes.co.uk.