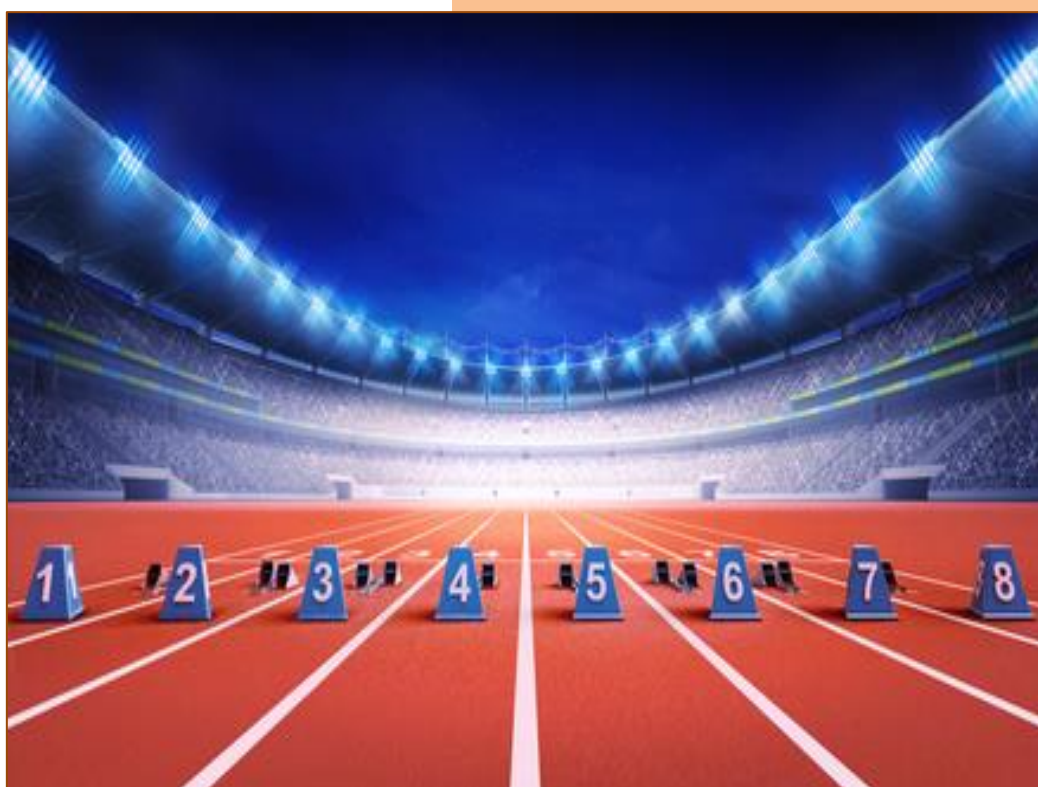


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Key Stage 1

The Olympics!



Tracy Challenor

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: Let's explore the Olympics.

Week 2: Synchronised Swimming.

Week 3: Boxing Solo

Week 4: Ribbon Dance (Rhythmic Gymnastics)

Week 5: Finalise Dances.

Week 6: Rehearse and Perform.

Tracks Used (*click on links below to audition*)

- ✦ ["One Hundred & Seventy"](#)
- ✦ ["Race to the Future"](#)
- ✦ ["A New Dawn"](#)
- ✦ ["Gently"](#)
- ✦ ["Drawing Nearer"](#)
- ✦ ["When Will I See You?"](#)
- ✦ ["It's OK"](#)
- ✦ ["Webs We Weave"](#)

Week 1: Let's Explore the Olympics

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Starter

Discuss the different types of sports taking place at the Olympic Games:

E.g.

Rowing
Archery
Judo
Swimming - Synchronised, diving, medley, etc.
Boxing
Gymnastics - rhythmic, vaulting, rings etc.
Athletics - hurdles, sprint, distance, etc.
Etc.

Ensure all the children understand each sport. (Use visual aids if necessary)

Warm up ◀ "One Hundred & Seventy"
(Spatial awareness, recognising level and direction)

Pupils walk around the room utilising all space, weaving in and out of one another. Call out a sport discussed in the starter for the children to represent. Then signal to continue on their journey.

Extension: 'Follow the Leader'

Pick a child to perform a sport; moving in space. Other children follow, copying the dance/sport moves.

Main ◀ "Race to the Future"

A Begin in the middle of the circle of children. Throw an imaginary ball to each child; in turn they throw it back.

Discuss the size of the ball and speed of throw. Encourage the children to focus on where the ball is.

After under- and over-arm throws, extend to bounces, rolls and other imaginative ways to throw the ball, e.g. under the legs.

Add a jump or turn at the end of each throw.

B Join the circle and continue this activity with children throwing the imaginary ball around the circle.

The Olympics!

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C In pairs, discuss which sport the children wish to represent. Talk about starting positions:

e.g. facing one another, for tennis,
one behind the other, for rowing.
standing side by side, for hurdles or rhythmic gymnastics.

Encourage children to add interesting dance movement to the sport they are representing.

Choose a few of the children's creative duets to perform in the stage area.

Ask children to talk about what they liked and why.

D Children move into groups of 4.

Choose one sport which worked well. Incorporate 4 dance moves into the sport:

e.g. low and high level moves for gymnastics;
unison arms and circular patterns for synchronised swimming.

Perform to rest of the class.

Cool Down ◀ "A New Dawn"

Children remain in their groups of 4.

Ask children to stand in a line, side by side. The children then enact a slow-motion race. As they cross the imaginary line, they all win - of course!!

Key Vocabulary:

olympic, slow motion, direction, level, unison

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