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# Key Stage 1

## Toys



By Michelle Rochester

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: Sneaking & Looking

Week 2: The Puppet

Week 3: Puppets Resist

Week 4: Puppets are Free!

Week 5: Rehearse

Week 6: Finish & Perform

#### Tracks Used

- ◀ ["Behind You"](#)
- ◀ ["Sand Dance"](#)
- ◀ ["Clouds"](#)
- ◀ ["A Tender Moment"](#)

## Week 1: Sneaking & Looking

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#### Starter

Discuss different toys of today and toys from history.

We are going to create a story of finding and opening a present that will become our toy puppet.

#### Warm up

Discuss why and how preparing our body prevents injury.

What type of exercises do we need to do?

- Pulse-raiser
- Mobilise our joints
- Stretch

Begin by everyone pointing to all the joints in the body and then mobilize them.

Circle through the joints and add a big travelling turn and jump.

#### Main ◀ "Behind You"

**A** Begin in a small start position, then slowly creep and sneak around the hall.

How can you make a hiding shape e.g. Behind your arm or leg or twisting?  
You can use other bodies to hide under or behind.

**B** On a sudden sound from the teacher, run and hide in a space!

**C** In twos: one of you find a space, wrapped up tight like a present.

The other can begin sneaking and peeping at all the other wrapped up toys.  
Which body part shall you open first?

When all have explored and peeped at the toys, return to own partner and begin to unwrap.

**D** Swap over and repeat.

#### Cool Down

Circle through all the joints this time very slowly.

#### Key Vocabulary:

*story, preparation, creep, sneak, partners*

## 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](#)

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).

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