

DANCE IDEAS KEY STAGES 1&2



Rec/Year 1

The Magic Carpet Ride

Stimulus: Video - Aladdin

Accompaniment: music Tubular Bells - Mike Oldfield

Movement experience:

- moving and stopping
- travelling high and low
- working individually
- making and performing a dance with a beginning and an end
- listen and respond to the music
- sit and observe movement

Year 2

Spring Cleaning

Stimulus: Story from Wind in the Willows, Mole spring cleaning his little home Accompaniment: music. Whistle while you work. Snow White and the Seven Dwarves

Movement experience:

- whole body working actions
- big and small, fast and slow
- repeat and remember
- working individually
- listen and respond to the music
- observe and describe simple solo movement ideas using appropriate movement language

Year 3

The Rainforest

Stimulus: Life in the Forest. The Jungle Adventures of Alex Winters - Puffin ISBN 0-14-056249

Accompaniment: music, dance trax contact Lyn Paine Tel: 01305 224520

Movement experiences:

- travelling on different body parts, walk, hop, *creep*, roll and slide
- over, under, around and through the space
- working with a partner follow my leader
- create, select and remember movement ideas

Year 4

Cricket Dance

Stimulus: Action photographs from newspaper

Accompaniment: music, introduction to cricket on TV

Movements experiences:

- whole body actions, throwing, bowling, catching, batting, diving, running between the wickets, howzat
- change size, speed and levels
- with a partner, action and reaction, linking actions together e.g. bowl, jump, dive, bat, turn, howzat
- compose a dance with a clear beginning, middle, end, remember and repeat

Year 5

The River Speaks

Stimulus: Action words from source to estuary

Accompaniment: music. The Piano, Orinoco Flow, Zigzag

Movement experiences:

- respond to action words, meander, turn and roll, changing levels and speed
- use words to describe the movement of springs, streams, waterfalls, rapids, weirs, whirlpools, locks, dams etc
- develop a movement pattern individually and in twos
- in small groups choose the following to trace the path of the river

I meander
I am shallow and meek
I am treacherous and deep
I am a trickle
I roar and erupt
I spread
I carry waterfalls
I am vigorous

- all move at the same time, one after the other, changing group shape and floor patterns

Year 6

Sitting Around

Stimulus: a chair

Accompaniment: music Guinness and British Rail advert

Movement experiences:

- individually sit on, stand on, hide under, go around, balance on, lean against a chair etc
- make up a phrase choosing four or five different ideas and link them together
- invent, select, practice and perfect movement motif
- discuss places where we find seats/ chairs and the use of
- in threes share ideas and make up a dance rearranging the chairs in lines, side by side one in front of the other removing one etc