

Elements – Fire: Exploring dance and movement



Activities

Choose music, favourite song or a theme from a story or movie.

Free expression and individuality linked to movement and music themes.

^ΔRED - skill to be worked on
^{*}BLUE - modified equipment

Activity 1

^ΔMovement/travel with choice to ^Δdevelop thinking skills, creativity and ^Δstrength/balance.

Choose a favourite piece of music or song and create a pathway of movement by travelling forwards/backwards, high/low, right/left, changing directions, hold/wave a long ^{*}ribbon, a scarf or a tie.

Adapt: Specific body part movements to music to develop

^Δflexibility, balance, strength and ^Δgrip control.

- Upper body – arms waving, circling, up/down – add a ribbon, scarf or tie for grip control
- Lower body – legs – any type of movement or assisted movement; slow to fast, fast to slow, jump, turn, kick.

Develop:

- Add a pause, ^Δstay still, balance or a facial expression.
- Listen to the beat of the music, try to move to the beat.
- Developing ^Δtiming and rhythm ^{*}use a drum (pot/ spoon, spoon on tray or tabletop)

Top Tip:

Combine the movements to form a sequence of movement, have a start and finish.

Activity 2

^ΔChoice and decision making, copying, thinking and being creative

- Dance forms from other countries and cultures can be explored and copied from ^{*}internet videos/TV.

Add props linked to a theme or culture – wear a ^{*}hat, dress up in character.

- ^ΔChoose a favourite sport, movie or story and act out the characters/themes
- Use ^{*}household furniture, kitchen utensils, cushions, scarves, sheets/duvet covers, hats, old clothes – anything within the household which could link to the theme.

Top Tip:

Use the movement progressions from Activity 1 and link them to your theme OR change the space – go outside. Focus on a dance form, theme, or music your child relates to, give your child the choice.

Can family members join in or help with ideas, music, themes?