

Overall Objective

For children to develop their gross motor skills, whilst gaining an awareness of people and space whilst moving through engaging and inspiring dance fitness PE lessons.

Curriculum Criteria

- Children improve their ability to listen and respond.
- The development of motor skills, including core strength, stability, balance, spatial awareness, coordination, and agility, is fundamental to each lesson.
- Games and activities promote social and emotional well-being by working with others.
- Character and story-based activities provide opportunities to nurture children's imagination and creativity.
- Movement and dance encourage healthy bodies and self-expression.
- Games and simple tasks, both individually and with peers, helps to develop the children's ability to communicate individual ideas and inspire strategic thinking.

Overview

- The collection of nursery cards is designed to be accessible to all, with no particular order, a card can be chosen at random depending on the preference of the teacher. There is therefore the option to select a card that is relevant to the current themes and projects being explored by the class.
- Each lesson card focuses on an appropriate theme which is introduced in the warmup game.
- The following 3 activities form the central part of the lesson, using carefully selected games and activities that are theme-appropriate and introduce, or practice movements skills that are often used both in PE and dance. There are 5 different categories: travelling, balancing, turning, jumping and creativity, which sometimes overlap.
- The lesson concludes with a class discussion on 'What have we learnt?' Here is an opportunity to acknowledge achievement and assess the children's capabilities during lesson. As part of DDMIX for Schools' wellbeing initiative, we encourage you to use the wellbeing questions listed below as part of your class-reflection.

Wellbeing Questions:

- **Connect:** When you are moving/dancing around the space, what do you need to be careful of?
- **Be Active:** How does each movement make you feel?
- **Take Notice:** Which movements did you find easy/hard?
- **Keep Learning:** How could you make a movement even better?
- **Be Kind:** What did you/the class do well this lesson?

Additional Notes

- To make it easier, focus on 1 or 2 activities each lesson, and perhaps spread the skills over 2 lessons.
- To make it harder, combine the different skills in a sequence to music at the end of the class.
- There are DDMIX music suggestions at the bottom of each lesson card, chosen to suit the theme or atmosphere, but radio-edit chart music could be used if preferred.
- The wellbeing questions can be used at any point in the lesson and can be modified to suit the situation.