

**Action/Warm Up Game:** Explain your going on a journey to space. The children need to get ready by dressing up as astronauts, what do they need? (Space suit, moon boots, helmet etc.). It's time for take-off. Ask the children to crouch down and as a class countdown from 10 with small bounces in a crouched position ending with a rocket jump upwards. Repeat twice more to jump higher each time.

**Activity 1: JUMPING** Explain to children that in space there is no gravity, so everything feels light and bouncy. Ask children what objects they can think of that are light and bouncy? E.g. Ball, clouds, space hopper, bouncy castle. Ask the children to perform some jumps that land softly. Discuss how they can make their jumps softer and bouncier? (Bending their knees). Play **Musical Statues** whilst the children practice their jumps.

**Activity 2: TURNING** Play a variation of **Bubbles** but describe to the children they are astronauts floating and turning in space. When you shout "comet!" they must duck by crouching down to avoid it. Repeat until they can demonstrate good spatial awareness and following instruction.

**Activity 3: TRAVELLING** Ask the children to create a circle. It's time to return to earth but the rocket needs energy to get back. As a class you've going to generate the energy by galloping in a circle whilst counting to 10. Be clear to show which direction the children must gallop. To make it harder, try both directions.

#### What did we learn today?

- Bending our knees to jump high and land softly
- Spatial awareness whilst turning
- Sideways gallops

#### Suggested Music:

DDMIX Chinese 2

#### Additional Resources:

**Musical Statues, Bubbles**

**Action/Warm Up Game:** Play **Let's Get Ready** as if everyone is a cowboy/girl. Dress accordingly using simple actions, e.g. put on your jeans, shirt, jacket, boots, hat, belt etc.

**Activity 1: JUMPING/TRAVELLING** Ask the children to make a line. Play **Follow the Leader** using 'western' themed actions/travelling movements go on mini adventure through the desert, e.g. Tip toe over hot sand, 'howdy' tipping their hat, gallop on a horse into the sunset. Here there is the option to invite different children to become the leader.

**Activity 2: TURNING** Ask the class to make a circle, with you in the middle of it. Explain that you have an imaginary lasso and that you are going to capture different children and pull them into the circle. Once in the circle, to escape the lasso, the children will have to wriggle out of the lasso and roll/turn away on the floor, back to their space in the circle. As a class, discuss the safest way of rolling, (sitting, and bending knees into your chest). To make it harder, choose multiple children at the same time.

**Activity 3: BALANCING** Play **What Shape Can You Make?** inspired by cactuses, e.g. a tall cactus, a twisted cactus, a round cactus. Play music. When the music stops the children must become interesting cactuses. Repeat, encouraging children to balance in different ways.

#### What did we learn today?

- Ways of balancing
- Following instructions
- Taking turns
- Rolling on the floor

#### Suggested Music:

DDMIX Line Dance

#### Additional Resources:

**Let's Get Ready, Follow the Leader, What Shape Can You Make?**

**Action/Warm Up Game:** Ask the children, who might you meet at a palace? As a class, can you think of different gestures and actions to associate with each person? (E.g. Wave like the king/queen, salute as a guard, curtsy as the palace staff, cook as the royal chef etc.) Repeat all gestures randomly, until children can recall the characters and their associated movement confidently.

**Activity 1: TURNING** Ask the children to march on the spot. Now ask them to do just 8 marches. Explain they are going to be the Queen/King's guards in a parade. They must be very good at counting. As a class, practice performing 8 marches to each side of the room, turning clockwise. As an option, count aloud and perform to appropriate music. To make it harder, ask the children to stand in a line to perform the marches.

**Activity 2: TRAVELLING** Explain the Queen/King is going on a very important visit and needs horses to pull her/his carriage. Ask everyone to find a space. As a class, practice doing pony trots (running with knees lifted at front). Create 2 lines of children. Practice trotting on the spot in lines, then practice staying in 2 lines as you lead them around the room as in ***Follow the Leader***.

**Activity 3: TURNING** Everyone has been invited to the 'Royal Ball'. They must practice dancing with a partner (or small group). Ask the children to stand opposite another and hold hands. Now slowly practice turning together. To make it harder, play appropriate music and conduct children to turn using counts (e.g. 8 counts).

#### What did we learn today?

- How to turn on our own and with a partner
- Working with each other
- How to perform pony trots

#### Suggested Music:

Garland Waltz/ DDMIX Ballet Warm Down

#### Additional Resources:

***Follow the Leader***

**Action/Warm Up Game:** Play *Move Master* using movements like scrub the deck, climb the ladders, steer the ship, look out the telescope etc.

**Activity 1: BALANCING** Play *Balance in Numbers*. Ask children to dance in their own space, but when you stop the music and shout out a number, the children must find others to balance on one leg with. They must join with others depending on the number you call out, e.g. 2- balance in pairs, 3- balance as a trio. Repeat using different numbers for groups.

**Activity 2: TRAVELLING** Name each side of the room either with names of areas on a ship or the simple titles; Port Side (left), Starboard (right), Bow (front), Stern (Back). Ask the children to point to each side to familiarise themselves with names of each side. Now call out the different sides in turn with a basic travelling movement. The children must follow the instructions accordingly, e.g. pirates hop to the stern/back! Tip toe to the bow/front.

**Activity 3: JUMPING** Ask children to form a line. You've heard that the captain is not happy because the ship hasn't been kept clean enough, he has ordered that they all walk the plank! One at a time, the children must hop or walk like a pirate along the plank and jump into the ocean! After their jump they must act swimming to shore (the side).

#### What did we learn today?

- Different jobs on a ship
- Working with each other
- Names to each part of ship
- Balancing on one leg, still and hopping

#### Suggested Music:

DDMIX Hawaiian Hula/ DDMIX Flamenco

#### Additional Resources:

*Follow the Leader*

**Action/Warm Up Game:** Can anyone think of any mythical/magical creatures from stories or films that they've seen? (Dragon, unicorn, fairy, mermaid, troll, elf). What kind of actions/gesture can you think of for each creature? Play **Move Master** using the class's ideas.

**Activity 1: TURNING** Play a simple canon game using simple actions, e.g. waving, sitting, jumping (Canon- taking it in turns to perform a movement/sequence). Now practice using a simple free spin, performing it one at a time. Allow the children to perform their free spin that works like a transformation and turns them into their favourite mythical creature. Allow them to choose a 'pose' or action to represent their character. To make it harder, divide children into different groups and assign a colour/number. Then call out each group to perform their spin in turn.

**Activity 2: TRAVELLING** Take the class on a journey through a mythical world. Incorporate different travelling and balances e.g., Tip toe over the river, balance looking over the cliff edge, jump over lava etc. Ask the children if they have any ideas.

**Activity 3: BALANCING/CREATIVITY** Describe the idea that in this mythical world, there are lots of magnificent objects, e.g. unusual trees, mountains, ginormous rocks etc. Ask the children for their ideas. Now play **What Shape Can You Make?** Encourage the children to visualise the different objects you discussed, how interesting can they make their shapes?

#### What did we learn today?

- How to 'free spin'
- Using our imaginations
- Travelling in different ways

#### Suggested Music:

DDMIX Balinese

#### Additional Resources:

**Move Master. Canon Game**

**Action/Warm Up Game:** Play *Let's Get Ready* using different gestures and dressing actions.

**Activity 1: TRAVELLING** Ask the children to skip on the spot, now ask them to carefully move around the space. Explain that you'd like to see big high skips. Tell the children on your day at the seaside, you've realised they've forgotten a few things, so we need to visit the shops on the way to the seaside. What items might you need to go to the seaside? (Towel, goggles, spade, bucket, umbrella). Play *What Shape Can You Make?* as you identify each item.

**Activity 2: BALANCING** Ask children what they like about the seaside? Can they think of lots of different things? As if taking a photograph, create a 'freeze frame' of all the children 'freezing' in a position of what they like doing at the seaside. Select a few children to exit the freeze frame to see if they can observe and recognise the different activities and feedback to the class.

**Activity 3: JUMPING** Describe that one of your favourite things to do is jumping over the waves. Practice doing tuck jumps to get over the high waves. Explain how important it is to bend your knees. Practice bending your knees 4 times whilst swinging the arms before a tuck jump. Can the children repeat this sequence?

#### What did we learn today?

- How to skip
- How to perform a tuck jump
- Working with others to create a picture using our bodies

#### Suggested Music:

DDMIX Charleston/DDMIX Samba

#### Additional Resources:

*Let's Get Ready, What Shape Can You Make?*