



Movement/Dance - EYFS - Under the Sea

Overview

Focus: The unit aims to encourage children to:

- * develop agility, balance and coordination;
- * explore movement ideas;
- * respond imaginatively to a range of stimuli;
- * move confidently and safely, showing an awareness of themselves, space and others;
- * demonstrate changes of speed, level and direction;
- * copy movement ideas from a partner;
- * recognise how their body feels after exercising – that their heart beats faster.

Communication/Language: Enjoy listening to language and turn to it in learning; use talk to organise, sequence and clarify thinking, ideas and feelings; use language to imagine and recreate experiences; extend their vocabulary, exploring the meanings and sounds of new words; sustain listening, responding to what they have heard with comments and actions. Explore and experiment with sounds, words and texts.

Mathematics: Talk about, recognise and recreate simple movement patterns; use language such as 'faster', 'slower', 'heavier' or 'lighter' to compare actions; sort objects, making choices and justifying decisions; talk about, recognise and recreate simple patterns.

Differentiation: Through outcome and adult expectations and support.

Assessment: By observation in relation to the learning outcomes; look for imaginative responses to the stimulus; developing control and understanding.

Resources: Please refer to individual lesson plans.

<p style="text-align: center;">Lesson 1</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * respond to instructions; * copy and explore basic movements demonstrated by the teacher.</p> <p>Introduction and Warm up: Identifying action words and the rhythm of the music. Development: Linking actions Cool down: Relaxing to music</p>	<p style="text-align: center;">Lesson 2</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * work cooperatively with a partner; * copy simple movement ideas from each other.</p> <p>Warm up: 3 actions from Lesson 1 Development: Simple sequences Cool down: Relaxing to music</p>
<p style="text-align: center;">Lesson 3</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * demonstrate an understanding of how to replicate actions; * comment on own and others' performances.</p> <p>Warm up: Follow the Leader and movement as sea creatures Development: Sea creature motifs Cool down: Relaxing to music</p>	<p style="text-align: center;">Lesson 4</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * develop and perform movements in a controlled way; * work cooperatively in small groups.</p> <p>Warm up: Recap of 3 sea creatures' motif. Development: Sea creature motifs Cool down: Discussion</p>
<p style="text-align: center;">Lesson 5:</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * develop linking movements into a sequence; * demonstrate an understanding of how to use music effectively.</p> <p>Warm up: Recap of 'Under the Sea' chorus Development: Beginning, middle and end movements</p>	<p style="text-align: center;">Lesson 6:</p> <p>Learning Outcomes: * move with increasing agility, balance and co-ordination; * respond to a stimulus, showing different actions; * develop linking movements into a sequence.</p> <p>Warm up: Recap of whole class starting phrase Development: Beginning, middle and end movements Cool down: Discussion</p>

Cool down: Discussion

PE Primary - Sample