

# NAME: LOCKDOWN LESSONS

AGE: INFANTS

SUBJECT: PE

TOPIC: DANCE

SKILLS: COUNTING BEATS/IMPROVISING



## WHAT WE WILL LEARN TODAY

- UNDERSTAND HOW TO MOVE TO A COUNT AND BEAT
- HOW TO CREATE AND PERFORM A SUPERHERO DANCE

## EQUIPMENT

- SPACE TO MOVE
- MUSIC OF YOUR OWN CHOICE
- PEN/PAPER TO PLAN

## PRACTICE (CLICK HERE FOR VIDEO)

### Wake Up Activity

#### *Rise and Shine*

- Put on a piece of music of your choice
- Starting with your head begin to move it to the music waking it up, one body part at a time.
- Move down your body waking each body part up, all the way to your toes (Move however you like!)

### Counting/Beat Games

#### *Rubber Chicken*

- Hold one arm straight up in the air and relax your wrist so it is all floppy like a rubber chicken
- Either on your own or get your mum/dad/sibling to count to 8, on each number shake the 'rubber chicken'.
- Do 4 counts of 8 shaking right arm/left arm/right leg/left leg

#### *Stamp/Clap/Tap/Click*

- Again using the count of 8 (shout or get someone to help you) Can you do a count of 8 of each move:

1. Stamp your feet   2. Clap your hands   3. Tap your knees   4. Click your fingers

#### *Move Your Body*

- Get an adult to shout out a body part
- Whichever body part is chosen you must move that part to a count of 8, then change to another part of your body!

### *Hints/Tips*

- Practice your counts of 8, start off with a steady count (don't go to fast and count in your head)
- Just use the counts first, then add in some music once you are confident
- Remember in dance the magic number is 8! -BE CREATIVE with your movements!

## CHALLENGE (CLICK HERE FOR VIDEO)

### Create your own Superhero Dance Routine

- Can you think of your favorite superheroes?
- You are going to create your own routine of x5 counts of 8
- For each count of 8 can you move like a different superhero?
- How would the superheroes move? Use all your body!
- Start by moving to the count then use music when you are ready!
- You can use our routine below or get a pen and paper and create your own

