

FOUNDATION			Dance		
YEAR R					
LESSON TITLE	STIMULUS	Warm Up	BASIC CONTENT	Cool Down	Top Dance
The Box Section 1 - Percussion Instruments	Sounds	Shakes	FOCUS- WHAT: Body Actions. Move with confidence, imagination, control and show an awareness of space, respond to stimuli, explore and copy basic body shapes, , explore imaginative movement- travel, choose shapes and travelling actions to make a simple sequence.	Relaxing Lions	
The Box Section 2 - Clock	Objects/ Familiar environments	Shakes	FOCUS- WHAT: Body Actions and Body Parts. Move with confidence, imagination, control and show an awareness of space, respond to stimuli, explore and copy basic body shapes, explore imaginative movement- travel, choose shapes and travelling actions to make a simple sequence, explore dance through imagery and use knowledge and understanding of familiar environments.	Relaxing Lions	Links to: What's the Time
The Box Section 3 - Birthday Party	Objects/ Familiar environments	Traffic Lights	FOCUS-WHAT: Body Actions- Travelling. Move with confidence, imagination, control and show an awareness of space, respond to stimuli, explore and copy basic body shapes, explore imaginative movement- travel, choose shapes and travelling actions to make a simple sequence, explore dance through imagery and use knowledge and understanding of familiar environments.	Relaxing Lions	
Fairy Tales Section 1 – Goldilocks and the Three Bears	Story	Taps	FOCUS- WHAT: Body Actions (travel, turn, jump, gesture, stillness), Body Shapes (with emphasis on size) and Body Parts. Explore and copy movement through stories, use their imagination in dance, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Follow The Leader	
Fairy Tales Section 2 – Jack and the Beanstalk	Story	Taps	FOCUS- WHAT: Body Actions (travel, turn, jump, gesture, stillness), Body Shapes and Body Parts. Explore and copy movement through stories, use their imagination in dance, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Follow the Leader	
Fairy Tales Section 3 – The Three Little Pigs	Story	Taps	FOCUS- WHAT: Body Actions (travel, turn, jump, gesture, stillness), Body Shapes and Body Parts. Create a motif as a class. Explore and copy movement through stories, use their imagination in dance, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Arches	
Penguins Section 1 – Penguins and Polar Bears	Information Books/DVD Observation	Animal Zoo	FOCUS- WHAT: Body Parts, Body Actions. Use their imagination in dance, copy and explore basic body actions, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Stretches	Penguin Small Visits
Penguins Section 2 – Nesting Penguins	Information Books/DVD Observation	Animal Zoo	FOCUS- WHAT: Body Parts, Body Actions. Use their imagination in dance, copy and explore basic body actions, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Stretches	Penguin Small Visits
Penguins Section 3 – Friendship Dance	Information Books/DVD Observation	Traffic Lights	FOCUS- WHAT: Body Parts, Body Actions. Use their imagination in dance, copy and explore basic body actions, show an awareness of space, express and communicate ideas, thoughts and feelings, use a widening range of movement actions, shapes and body parts.	Slower, Lower, Higher	Penguin Small Visits
The Very Hungry Caterpillar Section 1 – Munching Away	Science – Life Cycles Story	Percussion Instruments	FOCUS- WHAT: Body Actions, Body Shapes and Body Parts. Move with control and co-ordination, recognise repeated sounds and sound patterns and match movements to music, copy and explore basic body actions, communicate ideas, thoughts and feelings by using movement.	Arches	
The Very Hungry Caterpillar Section 2 –Cocoon	Science – Life Cycles Story	Percussion Instruments	FOCUS- WHAT: Body Actions, Body Shapes and Body Parts. Move with control and co-ordination, recognise repeated sounds and sound patterns and match movements to music, copy and explore basic body actions, communicate ideas, thoughts and feelings by using movement, use props within a dance.	Simon Says	
The Very Hungry Caterpillar Section 3 – Beautiful Butterfly	Science – Life Cycles Story	Musical Body Parts	FOCUS- WHAT: Body Actions, Body Shapes and Body Parts. Move with control and co-ordination, recognise repeated sounds and sound patterns and match movements to music, copy and explore basic body actions, communicate ideas, thoughts and feelings by using movement, use props within a dance.	Simon Says	

