

KEY STAGE 1			Dance		
YEAR 1					
LESSON/ TITLE	STIMULUS	Warm Up	BASIC CONTENT	Cool Down	Top Dance
Clowns Section 1 - Get Ready, Fall	Pictures	CD Players	FOCUS - WHAT: Body Actions - explore different travelling actions. Respond to stimuli, copy and practise basic body actions.	Follow the Leader	
Clowns Section 2 - Balance, Fall	Pictures	CD Players	FOCUS - WHAT: Body Shapes - Balances. Explore different balances using different body parts. Respond to stimuli, copy and practise basic body actions in a controlled way, move confidently and safely.	Stretches	
Clowns Section 3 - Throw	Pictures	Taps	FOCUS - WHAT: Body actions with emphasis on body shapes and parts. Respond to stimuli, copy and practise basic body actions in a controlled way, move confidently and safely, work with a partner.	Stretches	
Sounds and Shapes Section 1 - Bang, Shake	Sounds	Animal Zoo	FOCUS - WHAT & WHERE: Body Shapes, Body Parts (points and patches) and Levels (high, medium, low). Explore movement ideas, copy and explore body actions and simple movement patterns, compose and link movement phrases to make simple dances with clear beginnings, middles and endings, practise and repeat their movements, performing them in a controlled way.	Curl and Stretch	
Sounds and Shapes Section 2 - Rip, Crackle	Sounds	Percussion Instruments	FOCUS - WHAT & WHERE: Body parts (hands, feet, legs, shoulders etc) and levels (high, medium and low). Explore movement ideas, copy and explore body actions and simple movement patterns, compose and link movement phrases to make simple dances with clear beginnings, middles and endings, practise and repeat their movements, performing them in a controlled way, work with a partner.	Curl and Stretch	
Sounds and Shapes Section 3 - Click, Stamp	Sounds	Percussion Instruments	FOCUS - COPY & COMPOSE: Copy actions and compose a simple dance with a clear beginning, middle and ending. Explore movement ideas, copy and explore body actions and simple movement patterns, practise and repeat their movements, performing them in a controlled way, work with a partner.	Follow the leader	Links : Body Talk
Objects Section 1 - Bubbles	Objects	Shakes	FOCUS – WHAT & HOW: Body parts, Body Shapes, Dynamics (softly, gently, powerful). Move confidently, showing good body posture, clear body shapes and demonstrate good balance, poise and control, practise, link and remember simple movement phrases emphasising dynamic qualities, perform as a class.	Cat Stretches	
Objects Section 2 -Elastic	Objects	Traffic Lights	FOCUS – WHAT & HOW: Body parts, Body Shapes, Speeds (fast, slow, sudden). Move confidently, showing good body posture, clear body shapes and demonstrate good balance, poise and control, practise, link and remember simple movement phrases emphasising dynamic qualities, perform as a class.	Simon Says	
Objects Section 3 - Ball	Objects	Gears and Levers	FOCUS – WHAT & HOW: Body parts, Body Shapes, Speeds (fast, slow, sudden). Move confidently, showing good body posture, clear body shapes and demonstrate good balance, poise and control, practise, link and remember simple movement phrases emphasising dynamic qualities.	Kim's Game	
Toys Section 1 - The Toy Maker	Pictures Objects	Shakes	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Shapes, Body Parts, Speed, Level & Direction. Explore movement ideas and respond imaginatively, move confidently using changes of speed, levels and directions, compose phrases to make simple dances with clear beginnings, middles and ends.	Relaxing Lions	
Toys Section 2 – Exploring Toys	Pictures Objects	Shakes	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Shapes, Body Parts, Speed, Level & Direction. Explore movement ideas and respond imaginatively, move confidently using changes of speed, levels and directions, compose phrases to make simple dances with clear beginnings, middles and ends.	Slower, Lower, Higher	
Toys Section 3 - The Toy Factory	Pictures Objects	Musical Body Parts	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Shapes, Body Parts, Speed, Level & Direction. Explore movement ideas and respond imaginatively, move confidently using changes of speed, levels and directions, compose phrases to make simple dances with clear beginnings, middles and ends.	Slower, Lower, Higher	