

## imovesdanceUK: Movement and Dance Scheme of Work 7- 11 years

**Scheme of work:** Thriller – A Halloween dance scheme

**Session plan:** 1

**Aim of session:** To build a simple spooky dance routine based on the basic movements of dance

**Objectives:** To be able to perform basic actions to a song to tell a story

**Length of session:** 40 – 60 minutes

**Resources:** Thriller - Radio edit version 5.11 minutes - You will also need a CD player, a large ventilated space, provision for water breaks

<b>Warm up Activity (5 minutes)</b>	<b>Plenary</b>
<p><b>1. Introduction to Beat and Rhythm</b></p> <ul style="list-style-type: none"> <li>• Focus the children, sit them in semi circle, and play “Thriller”</li> <li>• <b>Introduce the “Slow” beat : this is clapping in time to a regular beat (8 claps per phrase of 8 counts of music)</b></li> </ul> <p><b>2. Now practice clapping to the beat of the music</b></p>	<p>Assessment of Learning</p> <p>Observe children’s ability to clap in time to music</p>
<p><b>Main Activity (30 - 50 minutes)</b></p>	
<p><b>1. Arrange the children standing in their own space</b></p> <p><b>2. Teach the choreography to the song using the teaching notes</b></p> <p><b>3. The performance</b></p> <p>ENCOURAGE BIG STRONG MOVEMENTS AND GOOD POSTURE. PRAISE GOOD PERFORMANCES FOR OTHER CHILDREN TO WATCH AND COPY.</p> <p>COULD split the class to allow the children to watch each other’s performance and copy good performance</p>	<p>Observe children’s ability to perform the correct actions with the correct parts of the song</p>
<p><b>Calmer activity (5 minutes)</b></p> <p>Lay the children on the floor. Encourage them to stretch out their bodies.</p> <p>Sit up and talk about what they have learned today</p>	<p>Q. What have we learned in this session?</p> <p>Q. Have you learned anything new in this session?</p>

For other free resources sign up now – go to [www.imovesdance.com](http://www.imovesdance.com) and click on FREE TRIAL

## Choreography ideas to “Michael Jacksons Thriller Radio Edit version 2003”

(5 minutes 11 seconds)

Intro	Children in their own space, crouching down, heads tucked in
Verse choreography	Children to create 3 or 4 creature poses of their own to include things like zombies, ghouls, ghosts etc. Each pose should be held for 8 counts and then changed to another of their positions. Repeat this throughout the verse.
Chorus Choreography	All together moving in time to the music Walk or side step to the right for 4 counts, then walk or side step to the left 4 counts. Use thriller arms. Repeat this throughout the chorus
Filler 1 Night Creatures	All crawl around on hands and knees or on elbows and stomachs
Filler 2 Darkness Falls	The whole group to create a circle with 2 students in the centre of the circle. <ul style="list-style-type: none"><li>• The Circle moves clockwise slowly moving like zombies</li><li>• The two students in the centre try to leave the circle but the zombies won't let them. They need to act out being frightened and trying to escape</li></ul>
Final pose	Everyone falls to the floor and lies very still

### Structure

- Intro
- Verse
- Chorus
- Verse
- Chorus
- Filler 1 – Night Creatures
- Verse
- Chorus extended
- Filler 2 - Darkness falls
- Finishing pose

Happy Halloween!

