

imovesdanceUK: Movement and Dance Scheme of Work 3 – 6 years

Scheme of work: A Magical Christmas – Movement to Music, Rhythm and Beat

Session plan: 1

Aim of session: to create and perform a Christmas Themed Dance using movements that travel, turn, jump, balance and use different levels

Objectives:

- To be able to perform basic movements to music to tell a Christmas story

Key words: Santa Claus, Presents, Reindeer, Christmas Tree, Snow Flake, Christmas Crackers

Length of session: 30 Minutes

Resources: CD player, upbeat Christmas songs playing in the back ground, a large ventilated space, provision for water breaks.

Warm up Activity (5 minutes)	Plenary
<p>1. Introduction to Beat and Rhythm</p> <ul style="list-style-type: none"> • Focus the children, sit them in semi circle, and play a jolly Christmas song, like “Santa Claus is coming to town” or “Jingle Bells” • Introduce the “Slow” beat : this is clapping in time to a regular beat (8 claps per phrase of 8 counts of music) <p>2. Now practice clapping to the beat of the music</p>	<p>Assessment of Learning</p> <p>Observe children’s ability to clap in time to music</p>
<p>Main Activity (20-25 minutes)</p> <ol style="list-style-type: none"> 1. Arrange the children standing in their own space (could use spots for more control) 2. Use the flash cards to talk about and practice the characters in the story “A Magical Christmas” (See session notes on the next page) <ul style="list-style-type: none"> • Santa Claus - Children to practice being Santa saying “Ho Ho Ho” and waddling around the room with a sack full of presents • A Present – Children to practice being their favourite Toy • Reindeer – Children to practice galloping around the room being a reindeer • Christmas tree – Children to practice being like Christmas Trees – keeping very still • Snow Flakes – Children to practice being snowflakes - turning, twisting and travelling slowly around the room (very quietly) • Crackers – Children to work with a partner. Facing each other, touching their palms together – jump away from each other shouting “BANG!” and falling to the floor to lay still. Repeat this action changing partners each time. 3. Act out the story using the Flash cards to help you teach and create the performance – see session notes on the next page 4. The performance - ENCOURAGE BIG STRONG MOVEMENTS AND GOOD POSTURE. PRAISE GOOD PERFORMANCES FOR OTHER CHILDREN TO WATCH AND COPY. COULD split the class to allow the children to watch each other’s performance and copy good performance 	<p>Observe children’s ability to perform the correct actions with the correct words of the story</p>
<p>Calmer activity (5 minutes)</p> <p>Lay the children down on the floor and ask them to think of the different snowflake shapes. Are they round, spiky, flat or clumpy? Encourage the children to make that shape on the floor whilst lying down and holding it as still as possible. Teacher tries to guess the shapes.</p>	<p>Q. What have we learned in this session?</p> <p>Q. Have you learned anything new in this session?</p>

Teaching Notes

A Magical Christmas	Actions
<p>Teacher plays a selection of jolly Christmas songs in the background for the children to perform too. {Teacher reads}</p> <p>Once upon a time there was a dear old man called Santa Claus. He was big and jolly with a long white beard and loved to say “Ho Ho Ho” to everyone he knew. {Teacher reads}</p> <p>Santa Claus loved to give presents to every child who was really good all year round {Teacher reads}</p> <p>At the end of each year on Christmas Eve, when the snowflakes were falling gently and quietly {Teacher reads}</p> <p>Santa Claus would climb in his magic sleigh pulled by magic reindeers and gallop through the skies to deliver all his presents {Teacher reads}</p> <p>In the morning, when the children wake, they would find lots of fantastic presents sat under a beautifully decorated Christmas Tree {Teacher reads}</p> <p>To celebrate this wonderful day the children and their families would feast and then pull Christmas Crackers which would BANG and POP {Teacher reads}</p> <p>So make sure you are good all year round so that you too can enjoy a Magical Christmas.</p>	<ul style="list-style-type: none"> • All children standing in a circle, in their own space, with their feet together, bobbing in time with the music, hands behind back • All children to move around the room being Santa Claus (approx one minute) • Children become their favorite toy (approx one minute) • Children become snowflakes – twisting and turning around the room (approx one minute) • Children become reindeers galloping through the sky (approx one minute) • Children Become Christmas Trees – be very still (approx 30 seconds) • Children work in pairs to perform the Christmas crackers (approx one minute) • Children form a circle again – take a bow – and sit down crossed legged with their back straight