



Movement to music

Activity title:	Movement to music - a great way to introduce dance (particularly to boys!)
Curriculum area:	Dance
NC objectives:	1.1 1.2 1.3 1.4 2.1 3b
Main learning objective	To introduce dance and show it is just movement to music.

Timing	Lesson plan ideas, activities and resource sheets
INTRODUCTION 15 minutes	<ul style="list-style-type: none"> Introduce dance and the concept of a beat. Listen to the selected music for the lesson (needs to be music with a four beat structure). Ask students to clap along to the beat. Variations can be developed such as stomping to the beat. What does this remind the students of? A heart beat - rhythm of the music? Warm up - use simple aerobic style moves in time with the four beats of the music i.e. move forward two steps and back two steps. Build up to include lunges, side steps etc.
MAIN ACTIVITY 30 minutes	<ul style="list-style-type: none"> Reinforce that dancing is just movement to music and that we can use movements that we use every day to create dance. For this lesson, use rugby movements. Ask students to list various movements involved in rugby: passing, kicking, tackling, running, sidestepping, jumping, handing off, celebrating, referee signals etc. Pictures of some of these movements are shown in resource 5.2a. They can be shared with the students. Ask the students to break these movements into four sections to match the four beats of the music. Get the students to link these movements to the music. At the most simple level students will march and then perform one of the identified skills linked to another with more marching in-between.
PLENARY 5 minutes	<ul style="list-style-type: none"> Ask students to perform their routines to the group. Ask watching students to identify which actions they included.

Suggested extension activities or cross curricular links:

- Students could perform a routine based on the actions involved after waking up - i.e. stretching, cleaning teeth, washing, doing hair etc.
- Telephone number game - you could match the rugby movements to numbers - i.e. a pass could equal the number 1, a kick number 2 etc. Students would then have to do the routine matching their telephone number. Other students would have to try and work out the number based on the actions during the dance.