### Year 1 Dance Lesson 1 - Dinosaurs

**Learning objective:** 1. Explore basic actions and develop some control and coordination  
2. Find and use space safely, with an awareness of others  
3. To express travel using different movements

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| Animal Moves -  
Chd will be moving around the area (walking). Different commands mean chd have to respond with a relevant animal movement.  
1. Elephant (slow/big steps)  
2. Monkey (crouched/jumps)  
3. Mouse (small steps/crouched)  
4. Bird (slow/arm movement)  
5. Dinosaur/T-rex (big/fast movement) | 5- 10 min | Extend:  
- Ask children to think of their own animal movements. Think about different dinosaurs.  
- Play the game using non verbal commands e.g. copy my movements  
- Put children in pairs and play as a copy cat game, take it in turns.
Jurassic Park Music  
https://www.youtube.com/watch?v=D8zlUUrFK-M |
| **Movement Techniques** | | |
| Use cards to display different dinosaurs.  
Allow the children to explore different types of movement in relation to different dinosaurs.  
Ask questions - how do you think this dinosaur would move? Why do you think that? What else would they do? | | Support:  
- Use powerpoint or cards to show different dinosaurs.  
- Pair children or group them to share ideas |
| **Progress** | | |
| Think about what dinosaurs do and relate this to actions/moves e.g.  
- STOMP - (watch dinosaur stomp for ideas)  
- EAT -  
- ROAR -  
- SHOW YOUR CLAWS - | 10min | Extend:  
- Put children in pairs and see if they can do matching moves together. Which group can be identical on each move?
Support:  
- Use for ideas Dinosaur stomp -  
https://www.youtube.com/watch?v=Imhi98dHa5w |
| **Be your dinosaur** | | |
| Ask children to choose a dinosaur in their head that they are going to be.  
Teacher shouts an action from the words above children have to act out the action. | | |
| **Warm Down** | | |
| Gears  
1st = Walk  
2nd = Side steps 3rd = Jog  
4 = Skipping 5th = Sprint | | |
| **Plenary** | | |
| - Refresh learning objectives  
- Questions: What parts of our bodies did we use today? Why did we use them? | | |

www.moving-matters.org