Let's make a dance!

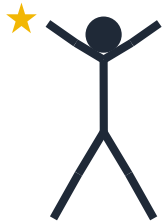
PE · Dance · Key Stage 1



Our goal: I can work with my group to make a dance with a start shape, moves in an order, and an end shape.

Our dance moves

Star jump



4 star jumps

Spin



spin round 2 times

Gallop



gallop 8 steps

Tiptoe



creep on tiptoes

Stomp



8 big stomps

Wave



wave arms high and low

Robot



stiff robot arms and walk

Jump and land



jump, then land softly

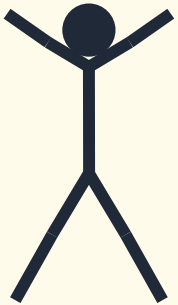
Start shape and end shape: FREEZE!



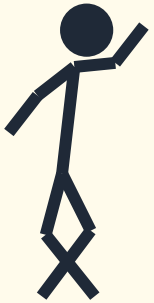
Tall



Small



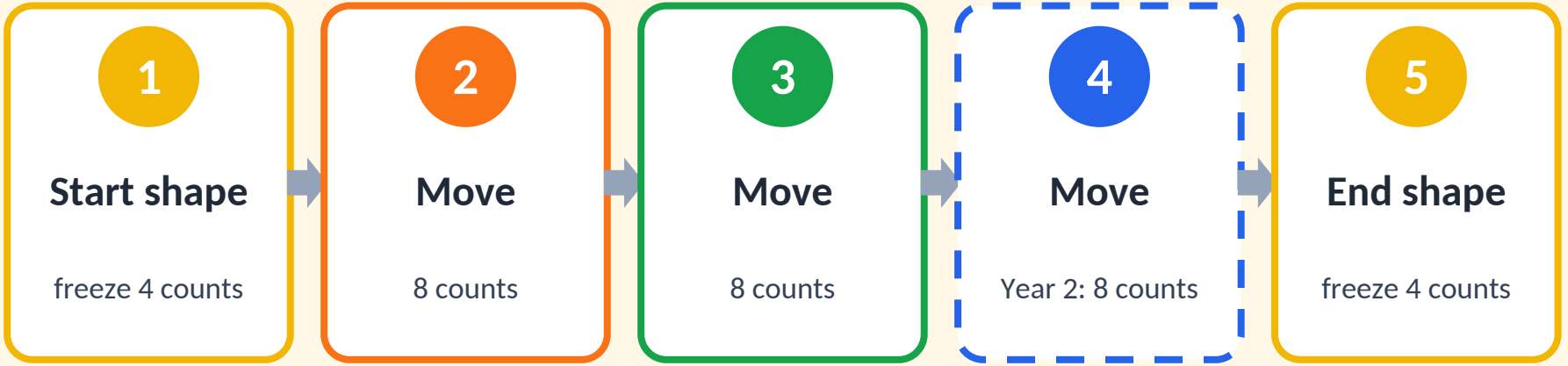
Wide star



Twisted

Freeze like a statue! Hold your shape still for 4 counts: 1, 2, 3, 4.
Can you make it tall, small, wide or twisted?

Our dance recipe



Year 1
Choose 2 move cards. Put them in order between your start and end shapes.

Year 2
Choose 3 move cards. Add one change: high or low, a new direction, or take turns (one after another).

Practise, perform, give feedback

Practise

- Put your cards in order.
- Counter says “5, 6, 7, 8!”
- Move at the same time.
- Practise 3 times.

Perform

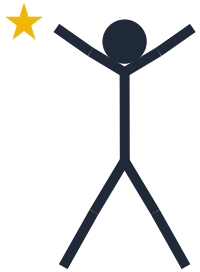
- Start shape: freeze!
- Big, clear moves.
- End shape: freeze!
- Then take a bow.

Feedback

- ★ I liked it when…
- ★ You were good at…
- → Next time, try…

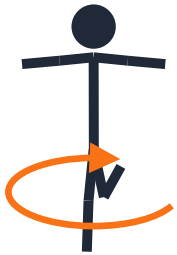
Printable move cards: cut out (one set per group)

Star jump



4 star jumps

Spin



spin round 2 times

Gallop



gallop 8 steps

Tiptoe



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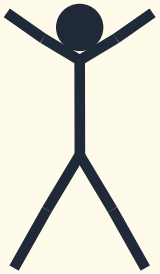
Printable start and end shape cards: cut out (two sets per group)



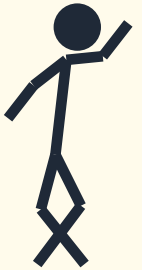
Tall



Small



Wide star



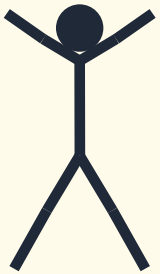
Twisted



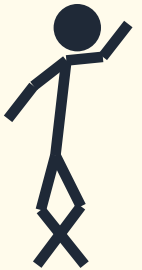
Tall



Small



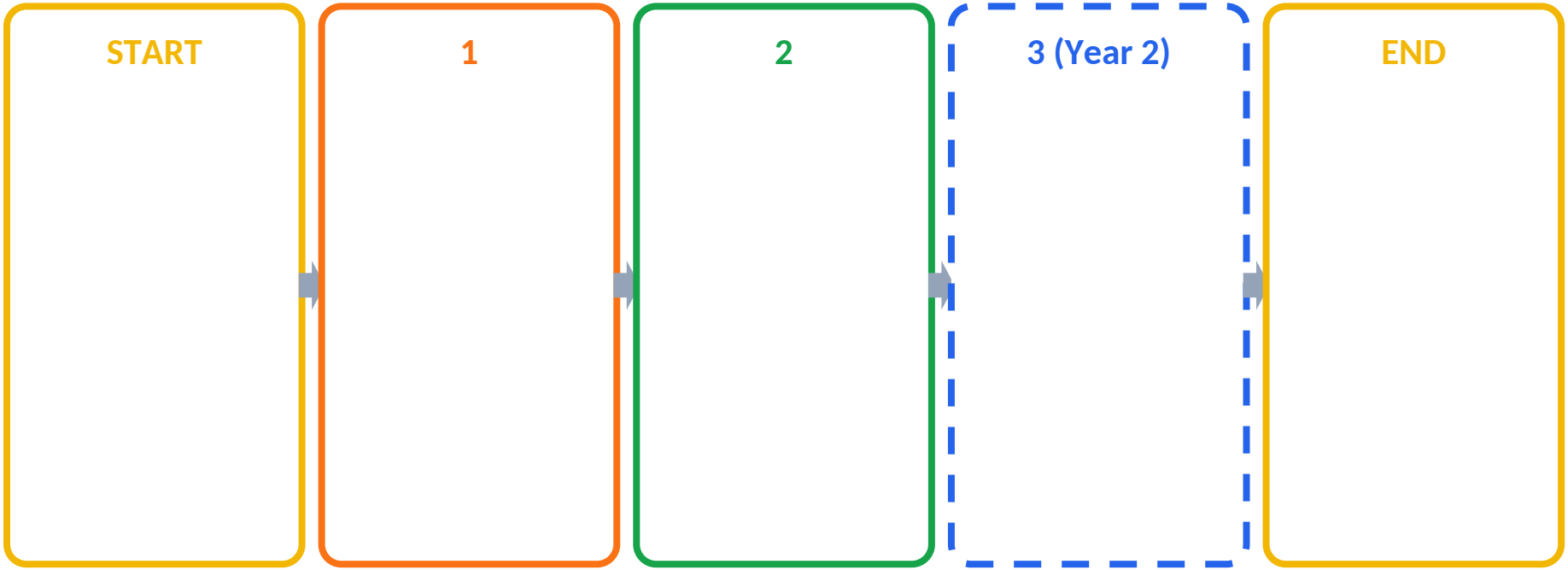
Wide star



Twisted

Our dance planner: put your cards in the boxes

Group names: _____



Year 2 change: ☐ high / low ☐ new direction ☐ take turns