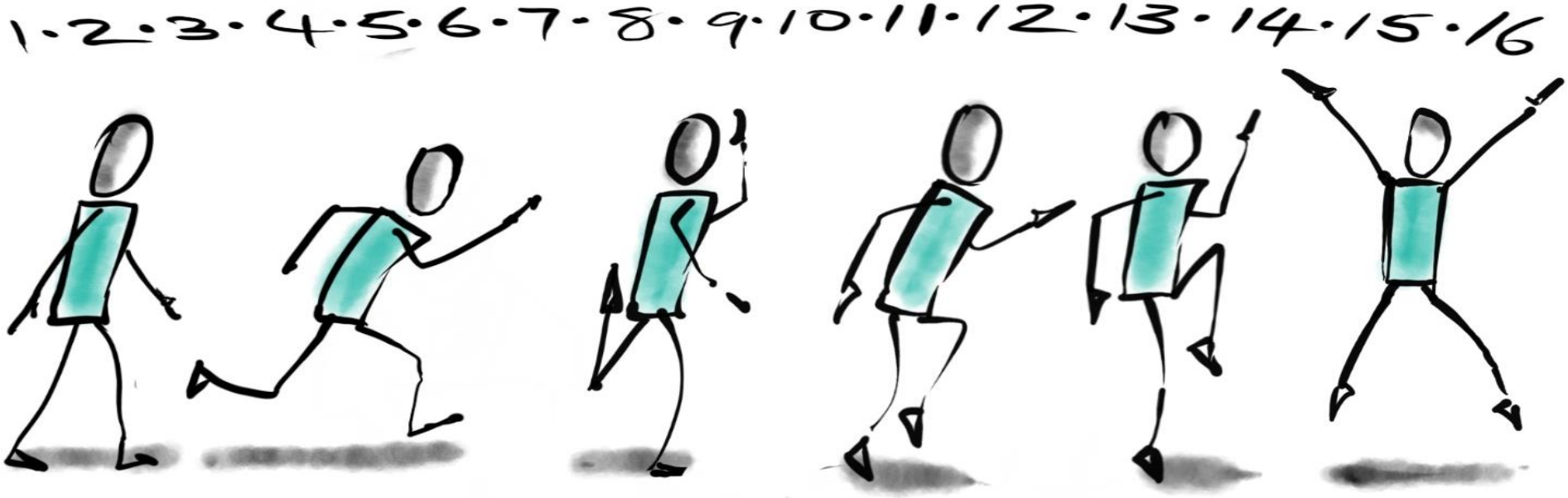
warm up // for the count



how to play:

- children need to find a space in the area
- children should perform the following actions, one after another, on the spot for a count of 16:
  - jogging
  - star jumps
  - high knees
  - heel flicks
- repeat each of these movements on the spot for counts of 8, 4 and 2
- progression: introduce more and harder actions

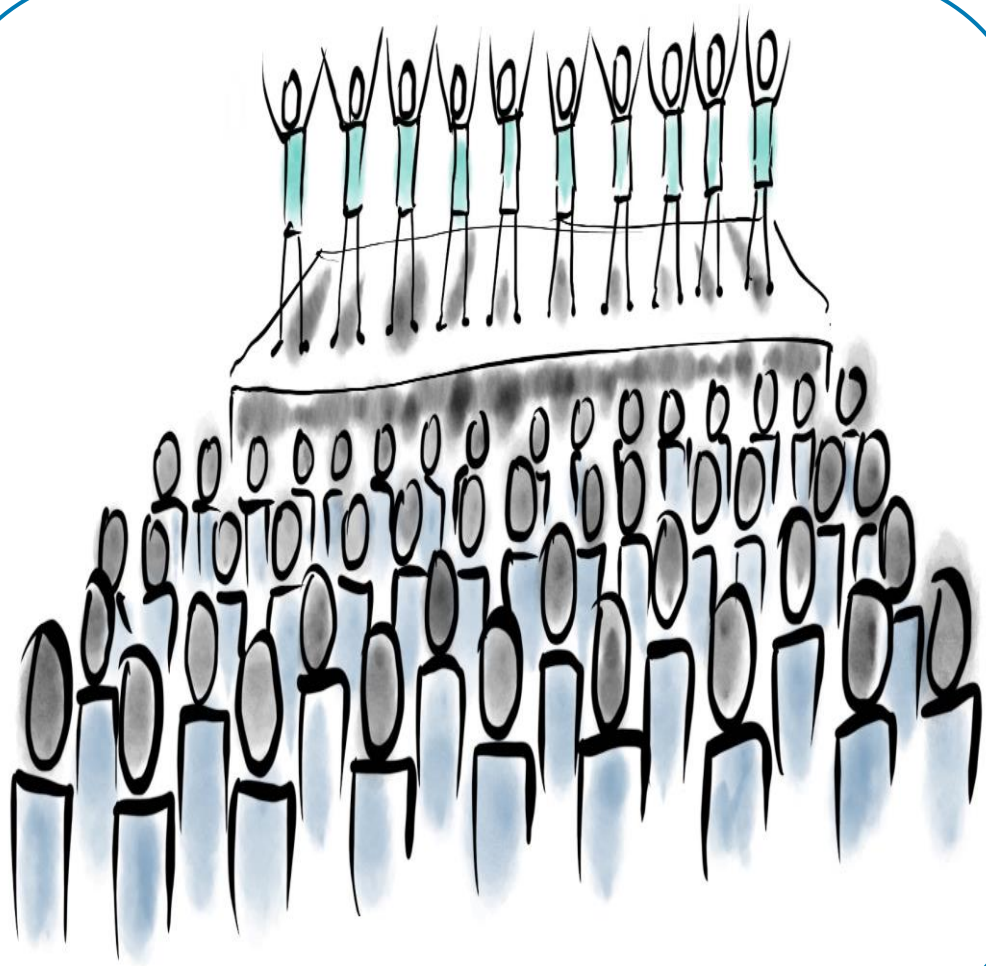
how to set up:

- pupils need to be inside a large area, in a safe space

skill development // performance

how to play:

- it is great if the children can finish the dance by performing it to an audience. below are some recommendations on how this can be done:
  - invite another class in to watch the final performance of the dance
  - perform the dance in a school assembly - the available space is an important consideration here, is there room for everyone to sit and watch and for the children still perform as they have practiced?
  - record the final performance so it can be watched back by the children themselves, other classes in school or in an assembly
- children should give their final performance to their audience
- after the performance discuss how they found the experience of performing the dance in front of an audience
- encourage them to evaluate their own performance
- if the performance was recorded the class can watch it back together to review it and provide feedback to one another

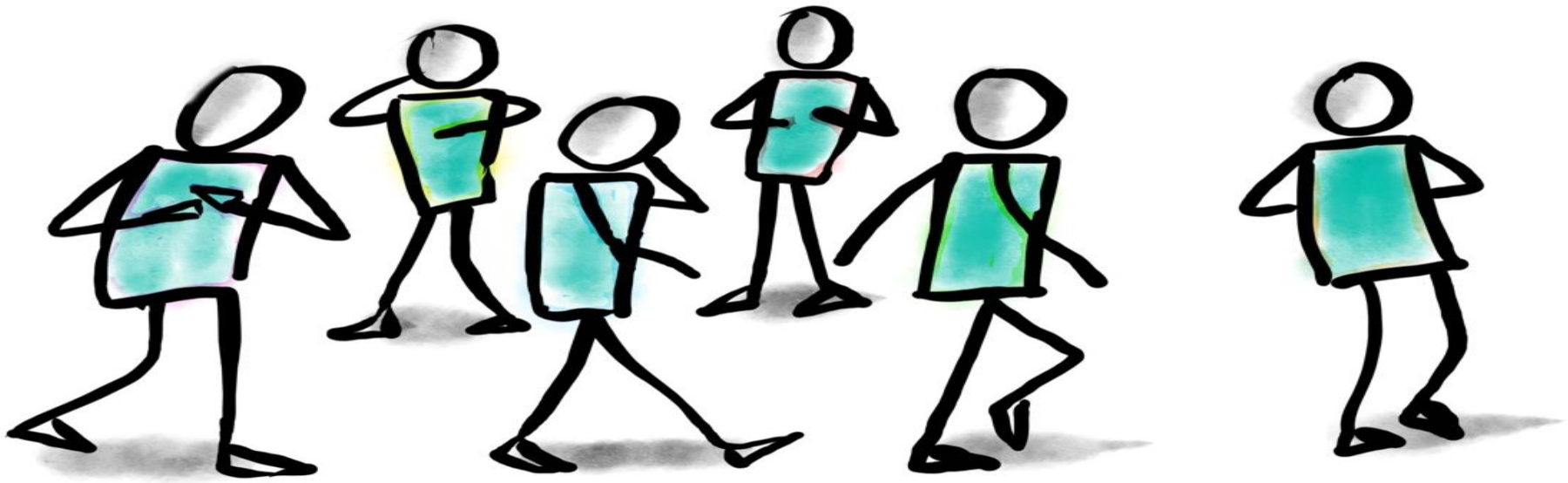


how to set up:

- pupils need to be inside a large area, in a safe space

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

cool down // move around the space



how to play:

- children need to walk around the area on their own
- as they are walking around the area ask the children to focus on their breathing - breathe in and out slowly
- encourage the children to move increasingly slowly around the area

how to set up:

- pupils need to be inside a large area, in a safe space

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.