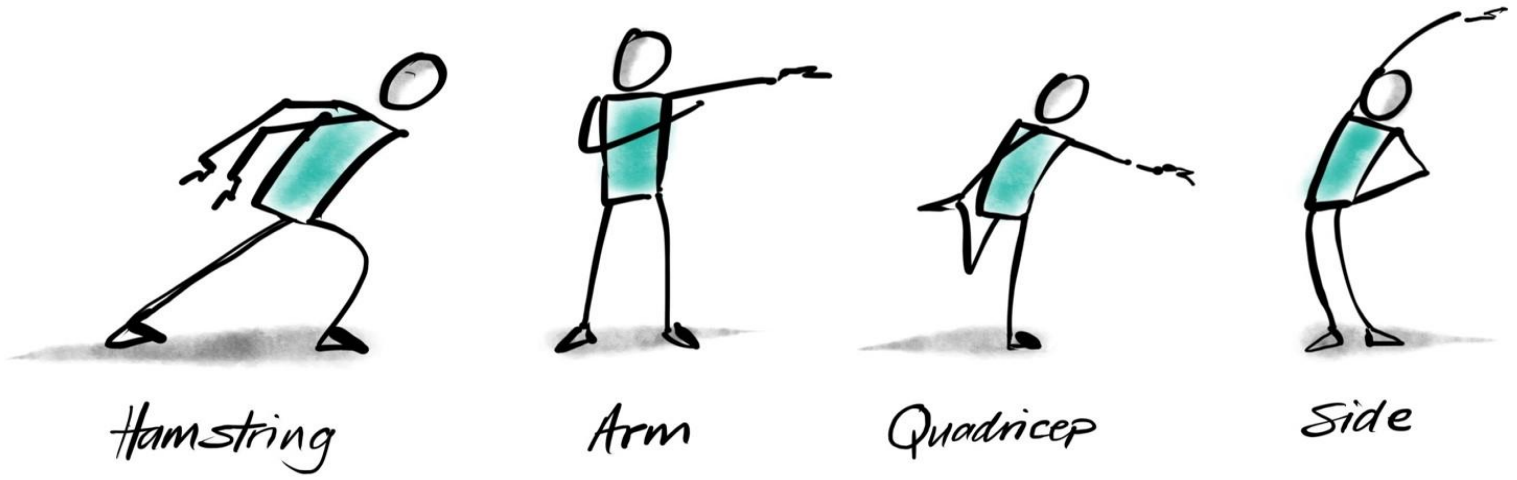
warm up // stretches

how to set up:

- pupils need to be inside a large area, in a safe space
- children need to find a space - give them a count of 8 to be in a space and ready

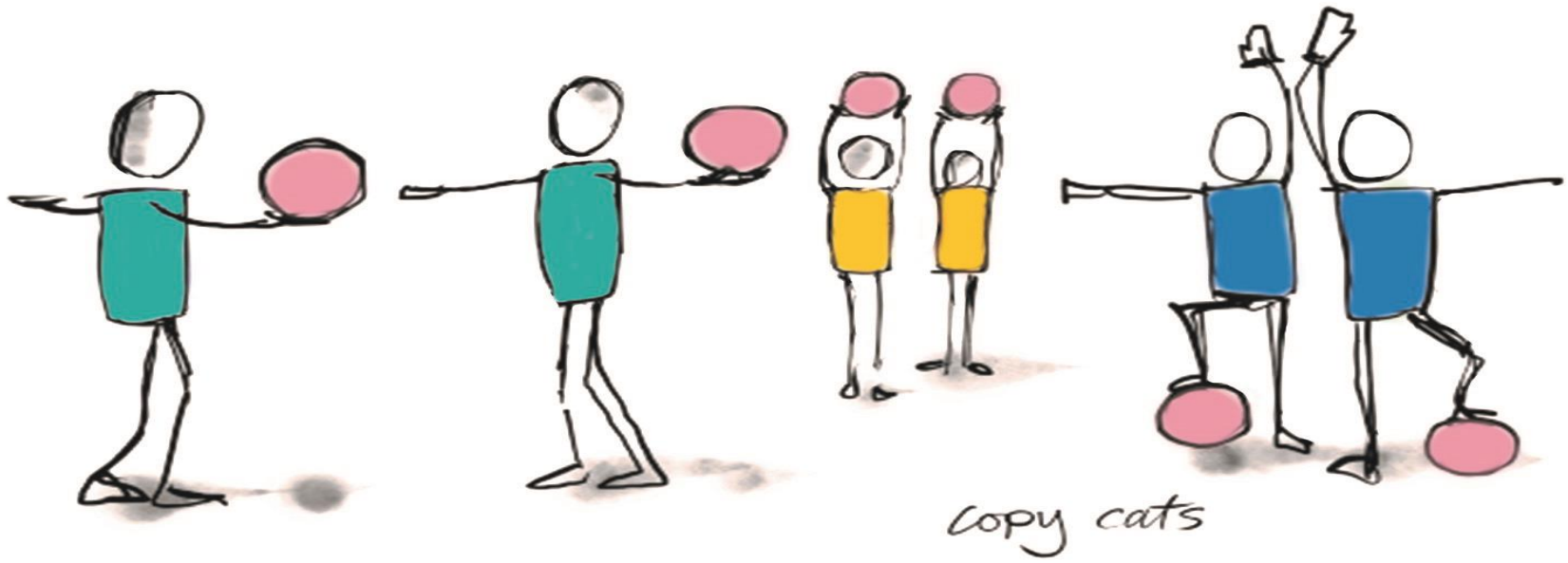


how to play:

- show the children a stretch they have to copy
- start at the top of the body and work all the way down the body stretching the major body parts - arm and legs
- include actions such as:
- shoulder rolls; forwards and backwards
- arm circles of varying sizes; forwards and backwards
- hip circles; both ways
- wrist circles; both ways
- ankle circles; both ways
- after performing the stretches ask the children to 'shake out their body'

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.

skill development // copy-cats dance



how to play:

- children need work in pairs standing facing each other 2/3 steps apart
- one child from each pair is the 'leader'
- the 'leader' makes shapes and performs actions with their body staying on the spot
- their partner must copy their actions as quickly and closely as possible – mirror them
- swap roles every minute
- progression: speed up the activity

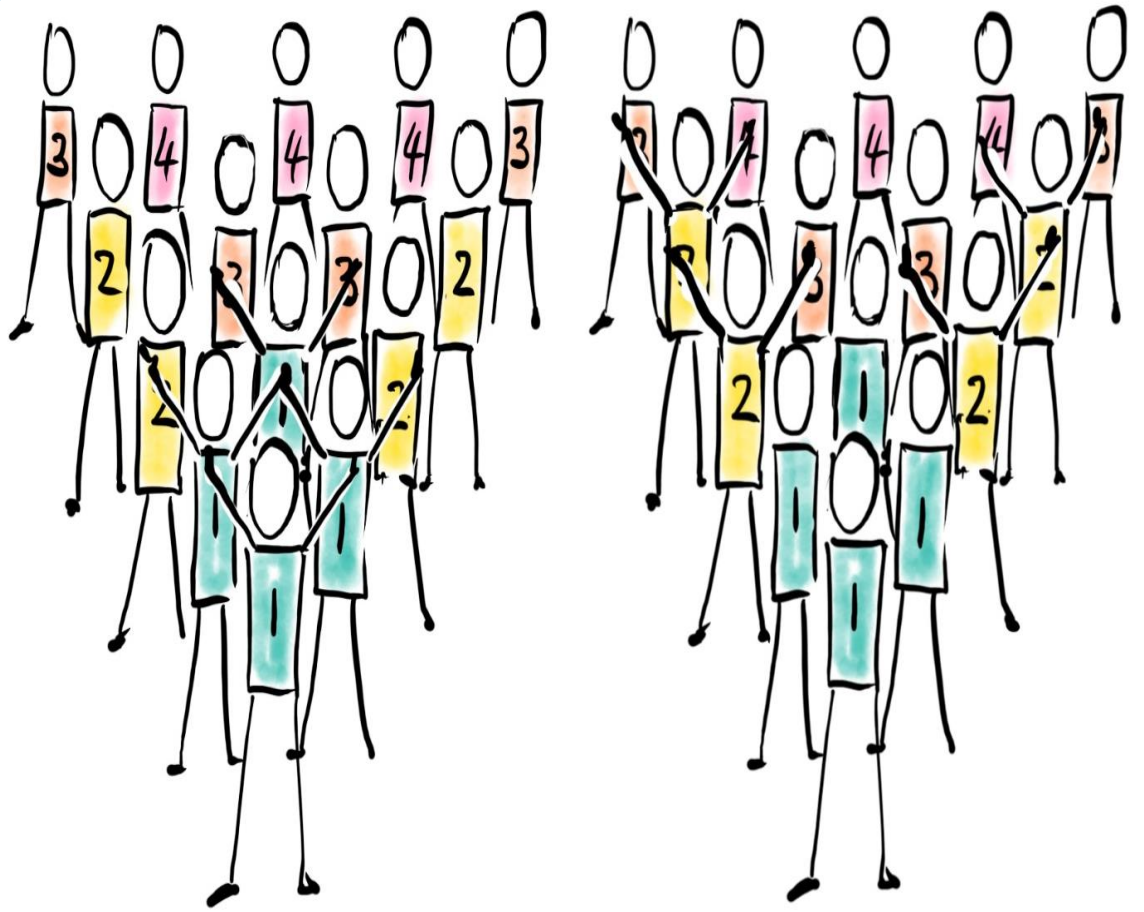
how to set up:

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

skill development // formation routine

how to play:

- the previous section of the dance finished with the children striking a low pose
- from there they have 8 counts for form two triangles – see diagram (0:49 – 0:56)
- once the triangles are formed the children will again create different poses on the 1, 2, 3, 4 count – use the same numbers as in the 'strike a pose' section
- children perform their poses in canon as follows: 8 counts (0:57 – 1:04)
- number ones - strike pose 1
- number two's - strike pose 1
- number three's - strike pose 1
- number four's - strike pose 1
- children then perform their second pose in the same order – in canon
- teach these actions without the music – talking the children through them
- once the children can perform this without the music, practice it to the music



how to set up:

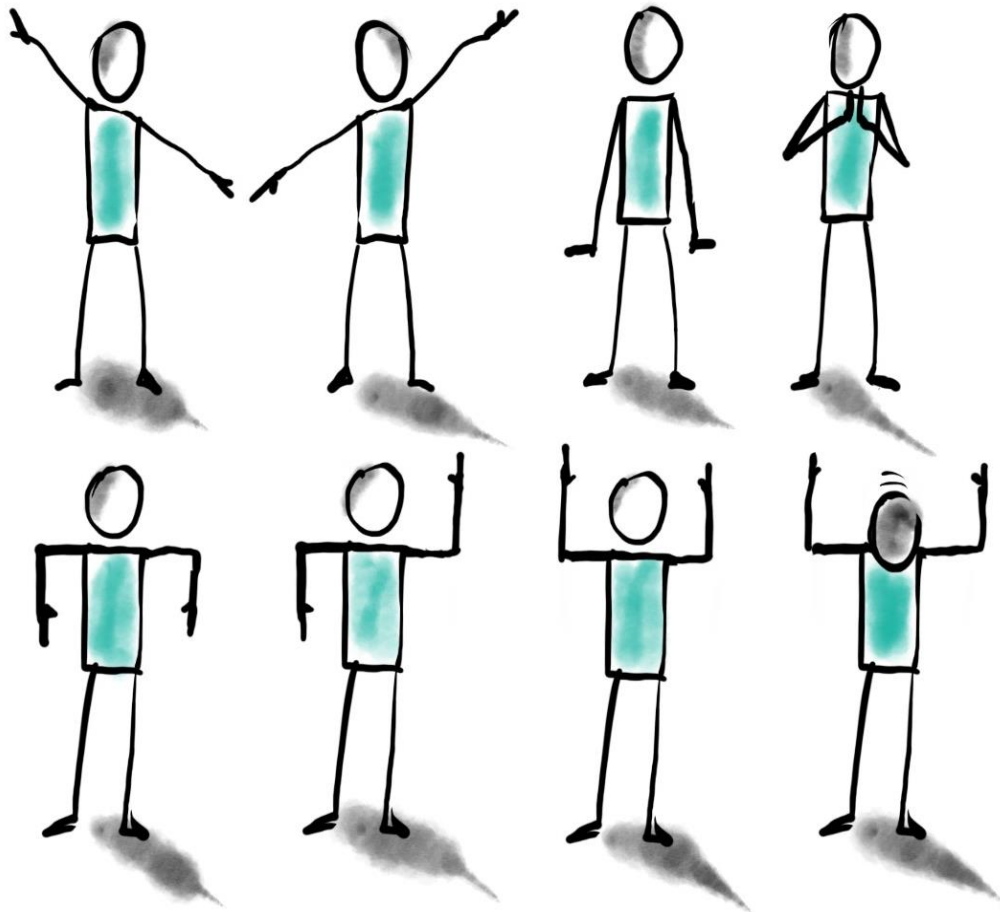
- pupils need to be in a large area, in a safe space

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skill development // chorus - tutting

how to play:

- each time the chorus plays during the song the children will all perform the chorus section together
- in this instance the phrase will be performed in the triangle the children are currently in, they should all be stood with their feet shoulder width apart
- all the children perform the following actions in unison: 16 counts (1:04 – 1:20)
    - diagram 1 - diagonal arms, right arm high, left low
    - diagram 2 - diagonal arms, left arm high, right low
    - diagram 3 - penguin Pose
    - diagram 4 - prayer Pose
    - diagram 5 - box Pose
    - diagram 6 - left arm up
    - diagram 7 - right arm up
    - diagram 8 - nod your head once
- repeat these steps to complete the chorus section
- teach these actions without the music first
- practice it to the music when children remember routine

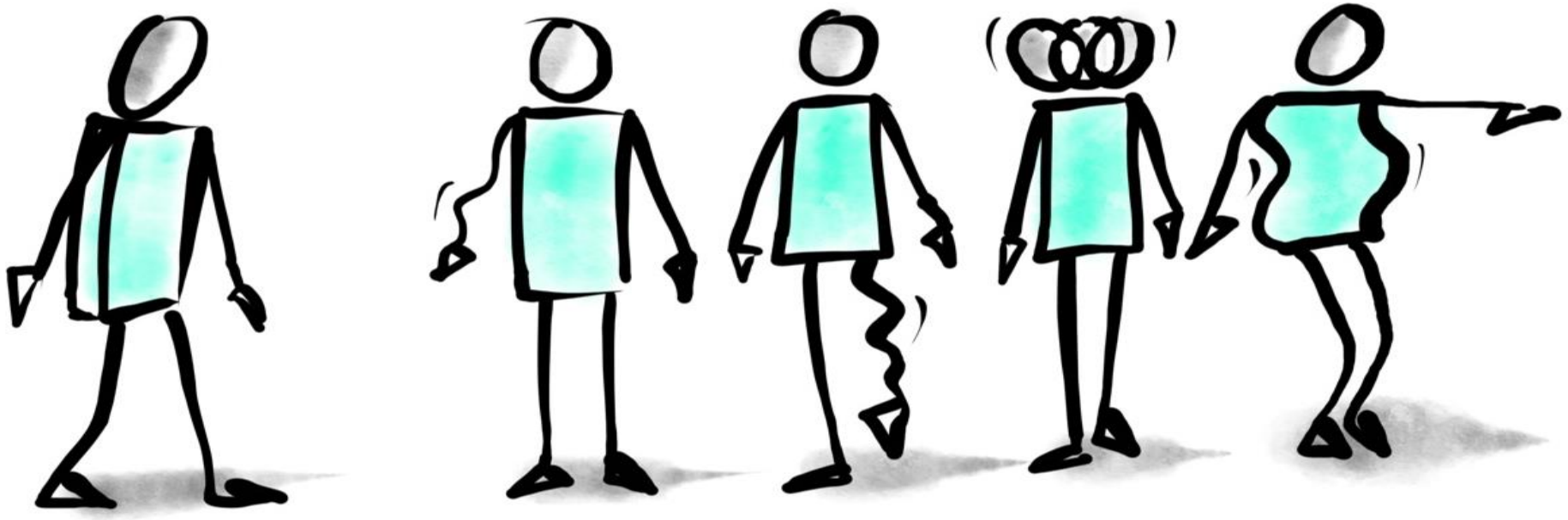


how to set up:

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

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cool down // shake it out



how to play:

- children need to walk slowly around the area
- call out different parts of the body e.g. leg, arm, hand, etc.
- when a part of the body is called out the children should stop where they are and slowly shake that part of their body for the count of 8 and then start walking around the area again
- keep calling out different parts of the body

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