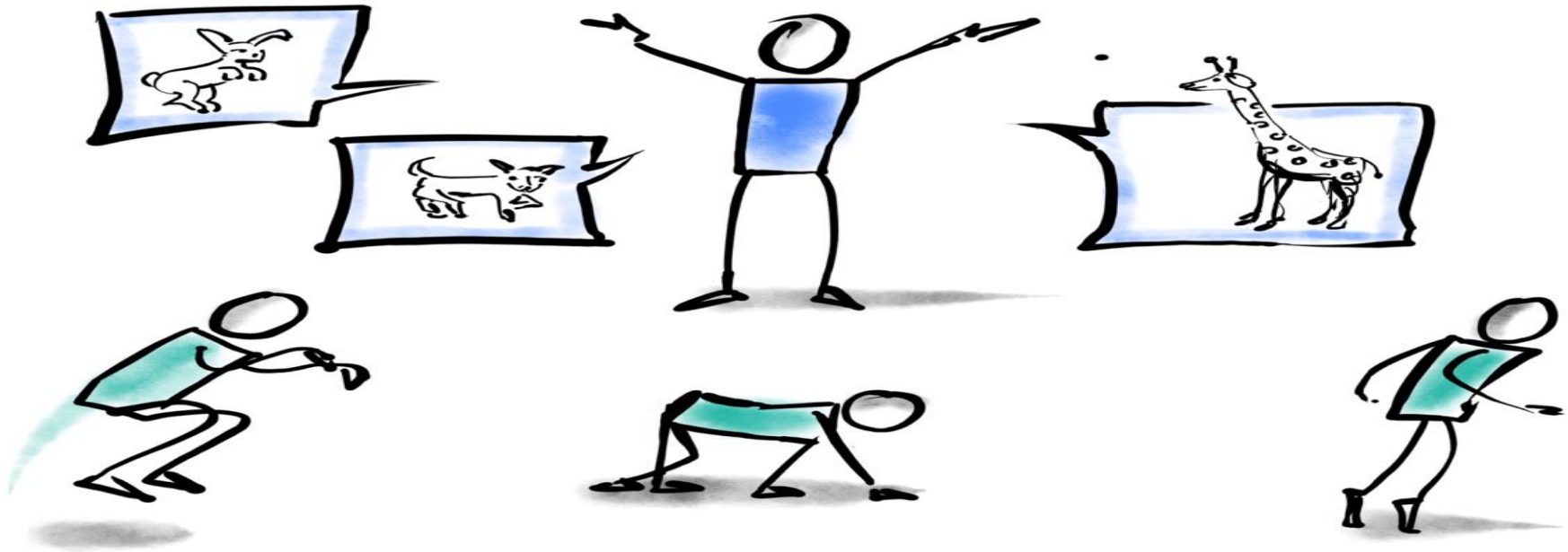
warm up // the object game



how to play:

- children need to find a space to play in
- call out different objects e.g. characters, objects, animals
- the children must get into a position / shape that reflects that object
- progression: see if the children can move around the area as a specific object

how to set up:

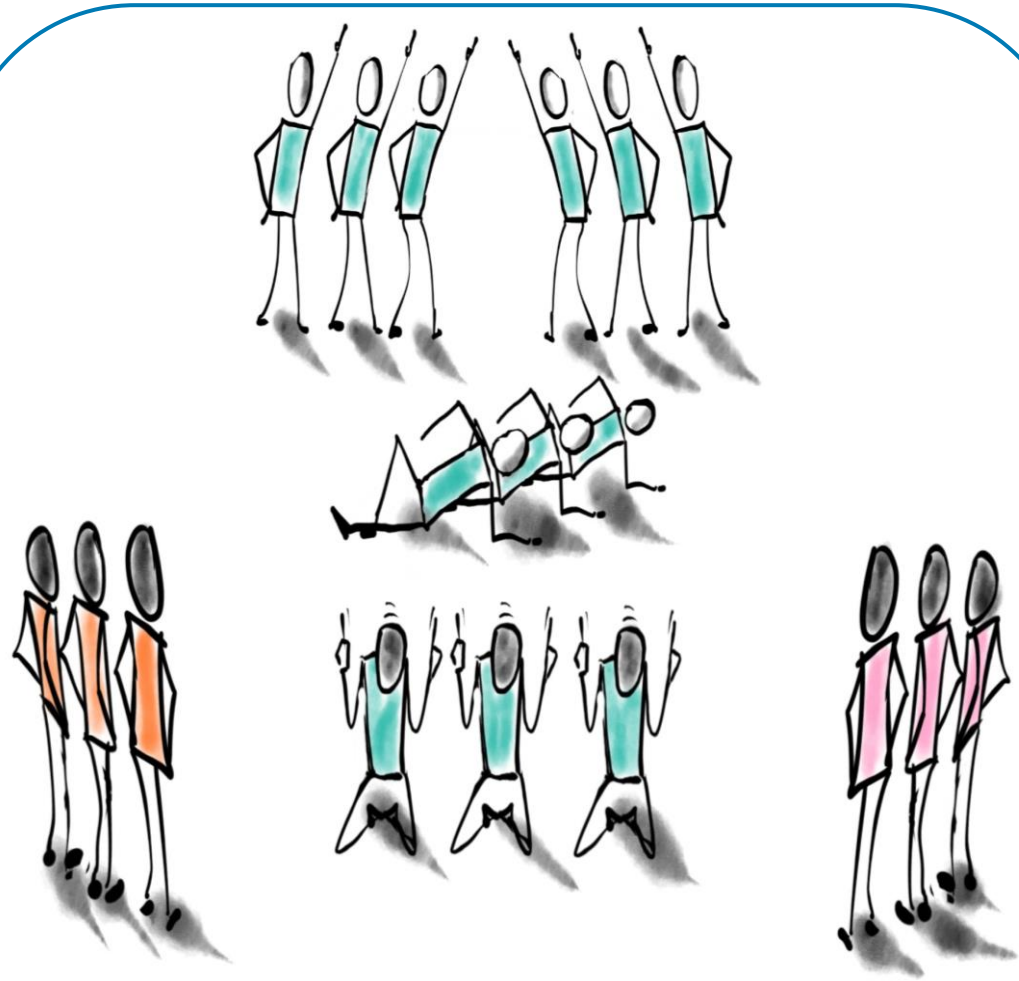
- pupils need to be inside a large area, in a safe space

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.

skill development // groups tutting

how to play:

- children need work in groups of 3/4 to create their own short Tutting street dance routine
- play the section of the track they are going to choreograph their dance routine to (3:27 - 3:42) - 16 counts
- the first part of the phrase involves the children moving from their position in their pairs to a space with their group - ensure each group has a space to perform in
- each group must create a phrase that includes the following elements:
    - starting positions
    - they can choose their chorographical focus - unison; levels; question and answer; canon
    - include 'Tutting' actions
    - finishing positions
- the whole group must have input and be involved in the creation of the phrase
- keep repeating the section of the track as the children create and practice their routine
- progression: allow each group to perform in front of each other



how to set up:

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

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skill development // the finale



how to play:

- the previous section of the dance finished with the children facing each other
- from their finish positions in their groups the children perform the following actions: 3:43 - 3:47
    - walk and find a space facing the audience – 4 counts
    - strike a final 'tutting' pose
- 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
- progression: introduce and build up the actions more quickly

how to set up:

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

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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

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