

Lesson Objectives ~

The lives of Anglo-Saxon children.
Exploring actions that travel over and under.

Success Criteria ~

Use of a range of body parts travelling over and under.
Moving around team members with care.

Warm up	<p>Ask the pupils to find a space and think of an action for the following:</p> <ul style="list-style-type: none"> * Catching a fish * Collecting sticks for the fire * Weaving cloth * Stirring the cooking * Chopping down trees <p><i>Go through the actions once allowing time for pupils to try the action for 20 to 30 seconds. Look for detail - eg continuing to hold the sticks as they collect more, or effort put into the swing of chopping down a tree.</i></p> <p>Call out the activities in a random order to encourage pupils to move between travelling, twisting, stretching & gesturing. <i>Encourage them to exaggerate the actions.</i></p>	Projection
Exploration	<p>Remind or inform pupils that the activities above were typical of those performed by Anglo-Saxon children.</p> <p>Draw their attention to weaving and ask them to describe the actions involved. <i>Pupils will either answer 'in and out' or 'over and under'.</i></p> <p>Ask pupils to show you an 'in and out' or 'over and under' action with their hand(s). Can they do it with an elbow...with a knee...with a foot...with their nose..? Ask them for suggestions of body parts they could use. <i>Take 4 or 5 suggestions for the class to try.</i></p> <p>Ask pupils to take the next minute to find as many different ways as they can think of to weave in and out / over and under. <i>Add the music and describe what body parts you see the children using.</i></p>	Space
Composition	<p>Ask pupils to get into groups of 3 or 4 and find a space together. Ask them to number themselves 1, 2, 3, 4.</p> <p>Ask Persons 2, 3 and 4 to make a shape that they can comfortably hold. Ask Person 1 to take the next 30 seconds to weave their way in and out of the others. <i>Add the music and encourage them to find different ways of travelling over and under the other members of their team.</i></p> <p>After 30 seconds ask Person 2 to get ready to weave in and out of the others in their team. Ask Persons 1, 3 and 4 to make different shapes that they can hold. <i>Add the music and continue this process until everyone has had a turn at weaving in and out.</i></p>	Space
Composition	<p>Ask pupils to repeat the previous activity but as their 30 seconds ends (as the music fades) ask the child who has been weaving to name one of the other activities that Anglo-Saxon children commonly performed and for their group to use this to get ready for their next weaving actions. <i>Use the music to indicate when pupils should be weaving and when they should be collecting sticks, fishing, cooking or chopping.</i></p>	Projection

Step-by-Step
Dance 7 - 11
The Anglo-Saxons
Who were the Anglo-Saxons?

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Cool down

Ask pupils to find a space of their own again and to think about collecting sticks for the fire.

Ask them to travel around the room gathering sticks from the floor.

Encourage them to show how they are holding the sticks.

Guide them that as they are carrying more and more sticks that their load is getting heavier, therefore they will travel more slowly.

Control and Speed

Suggested music

'Blacks Sands' by Bonobo

(Available to listen / watch on YouTube)