

Dance KS1: Let's Move

The Journey of the Magi



Justin Fletcher presents this unit of Dance KS1: Let's Move

1: In search of baby Jesus

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2: Gifts for a King

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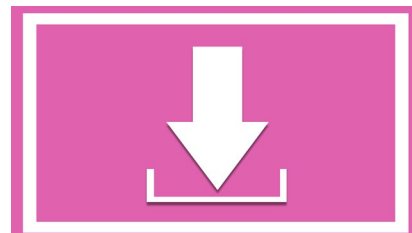
Introduction

Dance KS1: Let's Move provides movement content for schoolchildren aged 5 to 7 that can be used to fulfil the dance element of the PE curriculum at Key Stage 1 and Expressive Arts element of the Curriculum for Excellence in Scotland.

At the heart of each dance session is the audio file which can be downloaded from the School Radio pages of the BBC Teach website. Browse the pages online to explore the range of content on offer - you'll find units linking to popular infant topics, well-known picture book stories and important calendar events throughout the year.

The content is simple to download from the webpages - click on the download link and the audio file will download to your device in mp3 file format.

Look for the download icon on each of the webpages or in these Notes to download an mp3 of each dance session



The audio of each session can also be downloaded directly from the Teachers' Notes that accompany each unit.

The Teachers' Notes are a vital resource for delivering each dance session - you'll need to acquire both the audio and the notes and then be ready to mediate the use of the audio by referring to the notes.

Using *Let's Move*

Let's Move needs plenty of space. The hall or a cleared and swept classroom or similar large space is ideal.

Once you have downloaded a dance session, connect your device to an audio sound system, so that it can be shared with your group.

Make sure the children dance in gym shoes or bare feet. Bare feet give a good sense of contact with the floor, if your floor is safe. The children should be in PE kit to allow easy movement and to ensure that they do not become too hot.

Teaching points

Some tips to help you get the best out of the dance sessions:

- always encourage careful listening
- reinforce the importance of safety - eg awareness of others to avoid collisions, spacing, sensible landings (with the whole foot, flexing as it comes down and knees bending)



- help the children to observe each other's movement in a positive light and to learn from their observations.
- give the children a sense of your own enthusiasm

Using these Teachers' Notes

These notes are a vital part of the *Let's Move* provision and you will need to refer to them both before and during each dance session.

The notes for each session include a short summary of the content and a description of the movement. There is also a more detailed content table, which uses the following headings:

- **Content** - a guide to the movement activities in the programmes
- **Guidance / Teacher Guidance** - any special points such as groupings and things to watch out for such as safety points and ways of helping the children to improve their performance
- **Evaluation** - a series of questions which help to focus on the teaching points from the lesson, the National Curriculum objectives for dance and the children's learning and progression in dance

Before using a session, make sure you familiarise yourself with the content by reading the Teachers' Notes.

We would also recommend that you listen to the audio beforehand to become familiar with any 'pause points' and to assess how best to mediate the playback.

You may also wish to mark the content tables with timings taking from the audio to enable convenient navigation of the audio content.

During playback

Each *Let's Move* dance session brings together instructions from a presenter - Justin Fletcher, Cat Sandion and others - with sequences of music, much of it specially composed for the series.

The children will need to listen very carefully to the instructions and then be ready to move with the music.

Throughout each session the presenter will give instructions for groupings - as the children will be moving either alone or in pairs and sometimes in larger groups as well.

At these moments you will need to be ready to pause the playback to allow children to organise in the appropriate groupings. Make sure you 'pause' the playback rather than 'stop' it. Otherwise you will risk setting the audio back to the very beginning.

Let's Move and the curriculum

Let's Move is ideal for delivering the dance component of the PE curriculum at KS1. The National Curriculum notes the *aims* of PE are to ensure that all pupils:

- *develop competence to excel in a broad range of physical activities*
- *are physically active for sustained periods of time*
- *engage in competitive sports and activities*
- *lead healthy, active lives*

To achieve these ends the National Curriculum states that children should be taught:

- *to perform dances using simple movement patterns*

Using *Let's Move* fulfils this simple curriculum objective while also exploring a wide range of other curriculum areas, exposing the children to a range of music and other stimuli and also helping children to explore a wide range of cultures, including those from other countries.

Feedback

Our address is:
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The Journey of the Magi

1: In search of baby Jesus



*Click to download this
dance session as an
mp3 file*

This is a two part unit concentrating on the journey of the Magi - the Three Kings - on their way to find the Baby Jesus in the Christmas story. In the first programme we focus on star and king walking actions where rhythm and working together is particularly important.

Lesson summary:

Warm up: Skipping and freezing in snowflake and snowball shapes.

Getting dressed: Become kings putting on a robe, crown and sceptre.

Kings walking: Walk to the beat as regal kings.

Star twinkling: Crouch low, stretching up and out, fluttering fingers.

Star jumping: Jump whilst bending and straightening arms and opening and closing hands.

Kings journey: Kings walking including pointing to the star.

Star jumping and spinning: Turn on the spot whilst jumping.

Group twinkling and king walking: Groups take turns in twinkling like a star/walking like a king.

Final procession: One 'star' leads three 'kings' in a procession.

Cool down: Time to lie back and look at all the stars in the sky!

Movement focus:

- **Body:** Tension and relaxation
- **Action:** Walking actions
- **Dynamics:** Levels (high, medium and low) and changing speeds
- **Space:** Varying pathways
- **Relationships:** Pair-work and groups co-operating together



Session 1 structure: In search of baby Jesus

Content	Guidance	Evaluation
Warm up Get in the Christmas mood with energetic skipping and freezing in a snowflake then snowball shape.	Skip in time with the music listening out for the moment to freeze. Freezing as a snowflake should be stretching out arms and legs wide. Freezing as a snowball is small and curled up.	Is everyone ready to be the Three Kings on their journey?
Getting dressed Become a king by putting on a robe, a crown on your head and stand tall holding your sceptre or stick.	Slow, regal actions, really getting into the part of being a 'king'.	Can the children do the actions slowly?
Kings walking The first chance to walk like a king. Individually walk in time with the beat of the music.	Purposeful and important striding. Bodies held upright.	Are the kings walking in time with the music?
Star twinkling Crouch down low, slowly stand and really stretch your arms upwards and outwards and flutter your fingers.	Rising from a crouched position stretch as wide as possible with slow controlled movements.	Are the stars twinkling?
Star jumping Jump up and down whilst bending and straightening arms and opening and closing hands.	High energy jumping with added 'sparkle' from arm and hand movements.	Can the stars jump in time and not bump into each other?
Kings' journey The kings' journey continues. More walking as kings, including in pairs with pointing to the star included in the movement. Also carry gifts for the baby.	The pair sequence includes walking to for four beats then pointing to the star in the sky for four.	Are the pairs moving together, walking and pointing at the same time?
Star jumping and spinning Jump up and down, opening and closing hands and bending and straightening arms. This time, turn on the spot, as you jump.	Incorporating turning or spinning into the star jumping movements. High energy and fast actions.	Stars should move fast but not bump into each other.
Group twinkling and king walking Dividing the group into two with half being stars sparkling and half kings stepping and pointing. Take it in turns to move then freeze.	Each group must be ready to move or freeze and pay close attention to the music. Stars should jump up high bending and stretching arms and kings. Kings should be able to walk and point in time with the music and around the stars.	Are the stars twinkling in the middle of the group? Are the kings walking and pointing around the sides and in time with the music? Do both groups freeze at the appropriate point?



<p>Final procession In groups of three or four, one becomes the star and the others the kings.</p> <p>Stand in a line with stars at the front walking and bending and straightening arms. Kings follow behind carrying gifts and following the star.</p>	<p>Each group must work together. The star must lead the way creating the pathways.</p> <p>The kings should follow behind, everyone moving in time with the music.</p>	<p>Are the groups travelling together in time with the music?</p>
<p>Cool down Lie down in a space and look at the stars.</p>	<p>Each group must work together. The star must lead the way creating the pathways. The kings should follow behind, everyone moving in time with the music.</p>	<p>Are the groups travelling together in time with the music?</p>



2: Gifts for a King



*Click to download this
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mp3 file*

The second and final part of the Three Kings unit. The kings are almost at the end of their journey following the star. They're joined by grumpy camels and have windy struggles but the star shines more brightly! The three kings present their gifts at the end and then celebrate with skipping and star jumping.

Lesson summary:

Warm up: Skipping then jumping around the space with Christmas tree and bauble 'freezes'.

Star stretching: Stand up slowly, then stretch out arms and flutter fingers.

Star jumping: Jump up and down, back and forwards whilst bending and straightening arms.

Camel walking: Walk as a grumpy camel.

King and camel walking: In pairs one camel and king walk together.

Windy struggle: Walk with lots of effort into the wind.

Group star sparkle: In groups back to back, rise up, stretch and sparkle.

Kings presenting presents: In groups take turns to step, give gift, bow and straighten.

Celebrations: Alternate skipping and star jumping.

Cool down: Time to lie back and stretch!

Movement focus:

- **Body:** Tension and relaxation
- **Action:** Walking actions
- **Dynamics:** Levels (high, medium and low) and changing speeds
- **Space:** Varying pathways
- **Relationships:** Pair-work and groups co-operating together



Session 2 structure: Gifts for a King

Content	Guidance	Evaluation
Warm up Skip around then freeze in a Christmas tree shape. Jump around and freeze in a Christmas bauble shape.	Energetic skipping and jumping on individual pathways. Listening out for the 'freezing' point and stretching out wide to make a Christmas tree shape, then wide and round to make a bauble shape.	Is everyone ready for the final part of the Three Kings journey?
Star stretching Stand up slowly, then stretch out your arms and flutter your fingers.	Stretch arms and fingers as wide as possible. This movement should be slow and controlled.	Are the stars twinkling?
Star jumping Jump up and down whilst bending and straightening arms and opening and closing hands. Jump backwards and forwards with the music in a pair.	Keep in time with the music, all stars should jump forward and back at the same time.	Can the stars jump in time and not bump into each other?
Camel walking Lower heads and curve backs, grumpy expressions on faces and walk in time with the music.	Walk on tip-toes to make legs look long.	How grumpy can children make their expressions? Are they curving backs and lowering heads?
King and camel In pairs walk in procession, 'camel' first with shoulders rounded and head down, 'kings' next holding reigns and bobbing with knees as if riding on the camel's back.	Pairs should keep their kings and camels should look distinctly different in their style of walking but keep movements in time with the music.	Are kings and camels travelling together in time with the music?
Windy struggle In threes stand one in front of the other, walk with the music into the wind!	Huddle forwards wrapping arms around bodies. Show the effort of walking into the wind in both movement and facial expression.	Are the kings struggling to walk in the wind?
Group star sparkle Stretch up and flutter fingers.	In the groups start crouched down, back to back, facing outwards. Slowly rise up, and stretch out your arms and legs and flutter fingers.	Are the bigger stars shining brightly?



<p>Kings presenting presents Time for the kings to present their presents.</p> <p>Working in the group take turns to step forward, hold out arms to give present, bow low, straighten up and stand still.</p>	<p>This sequence needs concentration as each king must be ready to complete their moves at the right time and at the correct pace.</p>	<p>Are the three kings giving their gifts with big movements in time with the music?</p>
<p>Celebrations The kings need to celebrate finishing their long journey!</p> <p>Skip around the space and when the music changes jump up and down as a bright shining star.</p>	<p>Joyful fast skipping until the music changes then jumping stars with arms and fingers opening and closing.</p>	<p>Listen out for the change in music to indicate a change in action.</p>
<p>Cool down Lie down, stretch out arms, wiggle fingers and bend legs then straighten them.</p>	<p>Relax and stretch.</p>	<p>Well done! The Three Kings have finished their journey!</p>