

Topic Planning Dance Week 2

PE

Open the PowerPoint, remind your child that they are creating dances about growing.

Ask them if they can label the parts of the plant, do they know what plants need to grow? In what order do plants grow? Does the stem or root grow first? Then follow the link on the Power Point to watch the video below:

<https://www.youtube.com/watch?v=w77zPA+VTuI&t=129s>

Was your child right about the way plants grow?

Warm up

Explain that today you are going to play a game of raindrops and sunshine. Your child can move around the room and when they hear you clap, they must stop and stretch their arms to be the sun's rays. When you stamp your feet they must stop and be the rain drops (the faster you stamp your feet the faster the rain must fall!)

Now get your child to remember what the roots looked like when the plant was growing, were they straight or twisted? Explain that today the children are going to be the roots growing under the ground. Get them to practise different ways they can use their bodies to be roots, use their bodies to twist, bend, ripple etc.

Work through a routine of your child growing from a bean/seed to a flower/plant. Talk about how it grows (slowly) explaining that it is ok to stop as your grow as plants don't grow fast. Ask them to practise growing slowly and carefully, ensuring they use their bodies to show the stem, leaves, flowers etc as they grow.

If you have another child who can join in let them be part of the lesson. Then get the children to show each other their routine of growing from a seed/bean. At the end of the sequence the observer can evaluate the routine, remind the children that when we evaluate, we say 2 good things and only 1 thing we would improve on! You are very welcome to focus purely on the positives if that works better as I am sure siblings may be more scathing than classmates are! If you only have one child, then maybe you can work with them to think of things you both liked and would improve in future weeks. Use the questions on the PowerPoint to help guide the conversation:

Can you see twisting, bending and rippling movements like the roots of a plant?

Can you see the stem growing?

Have they used their body to show the shape of the leaves?

Using the music from the video above (seed growing video) explain that they are now going to make a little routine. Starting with the rain drop from the starter, you will stamp your feet and when you stop, and the

	<p>music starts, they will become a tiny seed in the ground, listening to the music they will then perform their growing section of the lesson until they are fully grown.</p> <p>When they have finished, they can talk about what they tried to improve on in this sequence based on the feedback they were given earlier.</p> <p>Cool down; shout out different types of weather e.g. sun, wind, rain, snow, hail, ice, breeze etc and ask your child to show you an action to match that type of weather until they have allowed their bodies to cool down.</p>
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