



Bryniau Clwyd a  
Dyffryn Dyfrdwy  
Tirwedd  
Cenedlaethol

Clwydian Range  
and Dee Valley  
National  
Landscape



Pontcysyllte  
Safle Treftadaeth Y Byd  
World Heritage Site

# Dee Valley Dance Pack

## Introduction for Teachers

### Time needed for activity

6 Week Activity Plan

### Location

Open space, in hall or outside

## Brief for Teacher

Within the 6 week Dee Valley Dance Pack programme there are several fully planned music and movement lessons with accompanying classroom lessons to support the content as follows:

1. **Waterways** – 1 classroom lesson and 1 music and movement lesson.
2. **Life by the Water** – 1 classroom lesson and 1 music and movement lesson.
3. **Wildlife in the Waterways** – 1 classroom lesson and 1 music and movement lesson.
4. **Built Heritage: Bridges** - 1 classroom lesson and 1 music and movement lesson.
5. **Built Heritage: Aqueducts and Tunnels** - 1 classroom lesson and 1 music and movement lesson
6. **Final Performance** - 1 classroom lesson reflecting on prior learning and 2 (or more) music and movement lessons to choreograph a final performance.

The plans include a themed **warm up, dance** and **cool down** and there is flexibility to extend some content over two or more dance lessons if required.

Each lesson plan includes a list of resources and suggested music (which is available easily online).

These dance lesson plans were created in collaboration with Eleni.Cymru





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## Starter Activities

It may be useful to have some prior learning about the water cycle as a link to these sessions; [Natural Resources Wales](#) have several resources around the theme of water including **Water Cycle Tai Chi** and **River Systems** which can be found here:

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## Extension Activities

As an extension to this learning theme, you could explore the **Ecosystem Invaders Learning Bundle** in our educational resources. This includes class based and outdoor physical education activities.

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Looking for more learning resources and information?  
**[www.clwydianrangeanddeevalleyaonb.org.uk](http://www.clwydianrangeanddeevalleyaonb.org.uk)**