



Bryniau Clwyd a
Dyffryn Dyfrdwy
Tirwedd
Cenedlaethol
Clwydian Range
and Dee Valley
National
Landscape



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

Life by the Water

Dee Valley Dance Pack - Guidance for Teachers

Learning Objectives

To develop shapes using your whole body and by working with others to create a short dance

Success Criteria

- Create a shape whilst working with other people.
- Use travelling movements.
- Work with others to join individual shapes together and create and perform a short dance.

Time needed for activity

1 Classroom Lesson
1 Music and Movement Lesson

Location

Open space, in hall or outside

Resources and Equipment

- Basic body action prompts for stillness and travel
- **Music:** We bought a zoo by Jonsi

Brief for Teacher

Starter Activity

- Work through the **Life by the Water Classroom Lesson** Powerpoint





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Warm Up

Create the shape

Remind pupils of the importance of warming the body up before exercise.

- The teacher will call out the commands and group numbers below. Pupils must make a group of the corresponding number as fast as they can and as a team create the shape using their bodies. They will only have 15 seconds to do this.
- Remind pupils to include different levels to form their shapes, the shapes can be static or include some small movement gestures.
- If the numbers don't work out for the whole class to participate then either adapt them or any pupils not in a group can create their own canal themed shape for the rest to guess.

Commands and Group Numbers

- 2: tree
- 2: canoeist
- 2: paddle-boarder
- 3: canal
- 3: dog walker
- 3: cyclist
- 3: fisherman
- 4: canal boat
- 5: winding river
- 6: horse drawn canal boat

Dance

The shapes from the warm up activity can be used to develop a short dance with linking travel movements between each shape.

Pupils will work together in groups, encourage pupils to:

1. Look through the body action prompts.
 2. Decide on some shapes they would like to include.
 3. Listen carefully to the music and determine how long they will hold each shape.
 4. Decide on some travel movements to link each shape.
 5. Use different levels in their dance.
 6. Use some of the gestures from the previous lesson.
 7. Practise and perform their dance piece.
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Cool Down

Catch the Fish

Remind pupils of the importance of cooling the body down after exercise.

- Pupils to stand in a circle, one is chosen to be the **otter** and the others are the **fish**.
 - The otter must choose a fish to be its prey by saying the name of another pupil in the circle and start to move towards them in a straight and direct line.
 - Before they are caught, the fish must say a new prey's name.
 - The otter gets 3 tries to catch a fish before they must swap with someone else.
 - The game continues until everyone has had a go as an otter.
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Reflection

Reflect individually by completing one of the sentences verbally:

- The thing that really helped me today was...
- To improve I could...
- Next time I could...
- The thing I found most difficult was...

Reflect as a class: would it be helpful to continue to develop this lesson content in another lesson?

Looking for more learning resources and information?
www.clwydianrangeanddeevalleyaonb.org.uk

Basic Body Action Prompts

JUMP Leap, Explode, Pounce, Hop, Spring, Bounce

Movement in which you push yourself off the ground and into the air using your legs and feet. 2 feet to 2 feet, 1 foot to 2 feet, 2 feet to 1 foot, 1 foot to same foot (hop), 1 foot to other (spring).

TURN Swirl, Spin, Wind, Coil, Pirouette, Whip, Roll, Pivot

A rotation of the body or part of the body. Can be a full, half or quarter turn and at different levels.

TRAVEL STEP Dart, Rush, Crawl, Run, Gush, Zig-zag, Plod, Slide

Movement of person or group from one area to another (run, skip, gallop, hop, march).

STILLNESS Pause, Hold, Rest, Wait, Freeze, Sleep, Linger, Balance

To be still, it can have a range of qualities and compositional purposes.

GESTURE Point, Wave, Hand clap, Beckon, Shrug

Movement made with the arms.