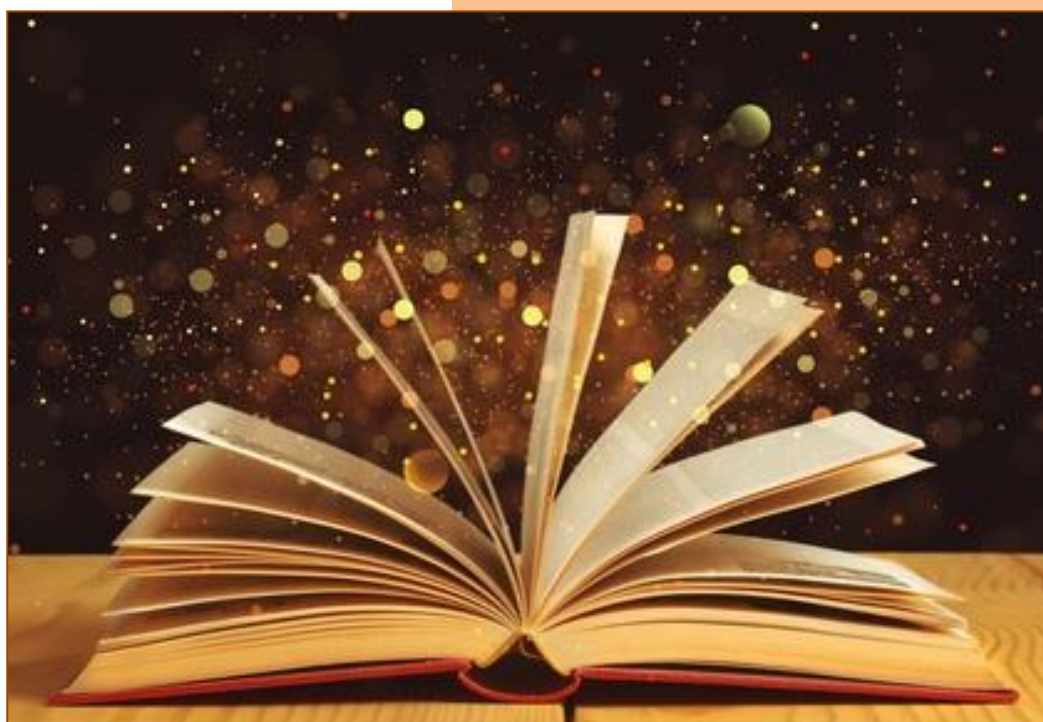


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Key Stage 1

Once Upon a Time



Tracy Alcon

Dance

Key Stage 1

Lesson Plan for Key Stage 1 Dance

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Curriculum Objectives:

- Develop fundamental movement skills (agility, balance & coordination)
- Become increasingly competent and confident in moving the body
- Work individually and with others
- Engage in co-operative physical activities
- Explore a range of increasingly challenging situations

Learning Outcomes:

- Master a variety of basic movement patterns
- Develop balance, agility and co-ordination
- Perform dances using simple movement patterns

Unit Contents:

Week 1: Jack and the Beanstalk

Week 2: Little Red Riding Hood

Week 3: The three Little Pigs

Week 4: The Enormous Turnip

Week 5: Rumpelstiltskin

Week 6: The Ugly Duckling

Tracks Used:

- ✦ ["Bing Bang Bong"](#)
- ✦ ["I Think It May Be Time"](#)
- ✦ ["The Problem Is Now"](#)
- ✦ ["Let's Just Try This Out"](#)
- ✦ ["Behind You"](#)
- ✦ ["Rhythm Break"](#)
- ✦ ["Joy"](#)
- ✦ ["Hope"](#)
- ✦ ["Stepping Stones"](#)
- ✦ ["Father Mielek"](#)
- ✦ ["Anger"](#)

Week 1: Jack and the Beanstalk

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Starter

Do you know where 'once upon a time' comes from?

'Once upon a time' has been used since 1380 (over 600 years ago) in storytelling. These opening words are typically found in fairy tales and folk tales.

What fairy tales can you think of that begin 'Once upon a time?'

The story of Jack and the Beanstalk is an English fairy tale from 1734

Warm up ◀ "Bing Bang Bong"

"What Bean?": children find a space, then move around the room, weaving in and out, trying not to touch anyone else.

Shout out different beans and the children match the movements to the beans:

'Jumping beans'	-	jump
'Jelly beans'	-	wobble whole body
'Runner beans'	-	run around the room
'String beans'	-	stretch up tall
'Kidney beans'	-	curl into a kidney shape laying on your side
'Broad beans'	-	make a wide shape, either standing or on the floor
'Baked beans'	-	find a partner, lay on the floor side by side (on toast!)

Main ◀ "I Think It May Be Time"

A. *Tell the basic story of Jack and the beanstalk, with or without the use of a storybook. Use mime and expression to engage the children - encourage them to do the actions with you.*

Play the music quietly in the background when the beanstalk begins to grow.

Children, pretend you are tiny beans in the ground. Slowly, lift your head; raise your body and come up to standing on tiptoes.

Mime together Jack waking up and looking out of his window, climbing out of the window and up the beanstalk.

Spin as you move through the clouds. Encourage children to use their imagination when they get to the top. What can you see? Who lives in the castle?

◀ "The Problem Is Now"

B. *Let's pretend to be a giant. How would he move? How might he eat his dinner? Use bigger than normal movements to represent this.*

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When the giant goes to sleep after his dinner, pretend you are Jack, creeping around the castle. Try not to wake the giant: use creeping and hiding movements.

Jack takes the harp, the money and the hen that lays golden eggs. The giant had taken them from Jack's father and that is why Jack is now so poor. The giant wakes up and chases Jack down the beanstalk.

◀ "The Problem Is Now"

- C. Solos: creep around the room using 3 moves -creep, roll, still.

Encourage children to think of different ways of rolling.

Split the class into two groups so one half can perform whilst one observes then change over.

◀ "I Think It May Be Time"

- D. Duets: with your partner, one is the giant and the other is Jack. Imagine Jack is running away from the giant, travelling over different obstacles, e.g.: squeezing between tight walls, leaping over a low tree branch, balancing on a narrow wall, wobbling over a rickety bridge. What other ideas can you think of?

Jack, finish by cutting down the beanstalk. Giant - how would you react?

Cool Down ◀ "I Think It May Be Time"

Imagine we are celebrating escaping from the giant. Begin in a circle. In slow time (after intro of 4 counts):

- 8 x claps
- 7 x bend knees
- 8 x gallops to right
- 8 x gallops to left

Repeat.

Flop down to the ground on your back and shake your legs.

Stay on the floor and stretch out your body along the floor.

Curl into a ball and repeat.

Key Vocabulary:

solo, duet, leap, balance

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