



# Elements – Fire: Exploring dance and movement

## Activities

Choose music, favourite song or a theme from a story or movie.

Free expression and individuality linked to movement and music themes.

<sup>Δ</sup>RED - skill to be worked on  
<sup>\*</sup>BLUE - modified equipment

### Activity 1

<sup>Δ</sup>Movement/travel with choice to <sup>Δ</sup>develop thinking skills, creativity and <sup>Δ</sup>strength/balance.

Choose a favourite piece of music or song and create a pathway of movement by travelling forwards/backwards, high/low, right/left, changing directions, hold/wave a long <sup>\*</sup>ribbon, a scarf or a tie.

**Adapt: Specific body part movements to music to develop <sup>Δ</sup>flexibility, balance, strength and <sup>Δ</sup>grip control.**

- Upper body – arms waving, circling, up/down - add a ribbon, scarf or tie for grip control
- Lower body – legs - any type of movement or assisted movement; slow to fast, fast to slow, jump, turn, kick.

#### Develop:

- Add a pause, <sup>Δ</sup>stay still, balance or a facial expression.
- Listen to the beat of the music, try to move to the beat.
- Developing <sup>Δ</sup>timing and rhythm <sup>\*</sup>use a drum (pot/ spoon, spoon on tray or tabletop)

Top Tip:  
Combine the movements to form a sequence of movement, have a start and finish.

### Activity 2

<sup>Δ</sup>Choice and decision making, copying, thinking and being creative

- Dance forms from other countries and cultures can be explored and copied from <sup>\*</sup>internet videos/TV.

Add props linked to a theme or culture – wear a <sup>\*</sup>hat, dress up in character.

- <sup>Δ</sup>Choose a favourite sport, movie or story and act out the characters/themes
- Use <sup>\*</sup>household furniture, kitchen utensils, cushions, scarves, sheets/duvet covers, hats, old clothes - anything within the household which could link to the theme.

#### Top Tip:

Use the movement progressions from Activity 1 and link them to your theme OR change the space – go outside. Focus on a dance form, theme, or music your child relates to, give your child the choice.

Can family members join in or help with ideas, music, themes?