

DANCE ACTIVITIES

LESSON PLAN OBJECTIVES

PHYSICAL DOMAIN

Developing coordination and balance, learning to move and sync with music, enhancing rhythm and timing, developing body awareness

PSYCHOLOGICAL DOMAIN

Improve motivation to be physically active, encouraging self-expression and creativity, children can express their feelings and emotions through movement

COGNITIVE DOMAIN

Developing the ability to focus and concentrate to execute, movements accurately understanding the rules

SOCIAL DOMAIN

Enhancing verbal and non-verbal communication through dance games, develop interpersonal skills

LINKS TO CURRICULUM, TEACHING UNITS AND TOPICS

A CHILD IMITATES OBJECTS, ANIMALS AND CONCEPTS, MOVES CREATIVELY TO MUSICAL ACCOMPANIMENT; PERFORMS SIMPLE FOLK DANCE GAMES AND GAMES OF MOVEMENT, MUSIC, RHYTHM AND SINGING; PERFORMS SIMPLE DANCES AND SOCIAL DANCE GAMES; PERFORMS A VARIETY OF ACTIVITIES IN RHYTHM WITH HANDS, FEET; WITH VARIOUS PROPS; WITH MUSICAL ACCOMPANIMENT.

AGE GROUP

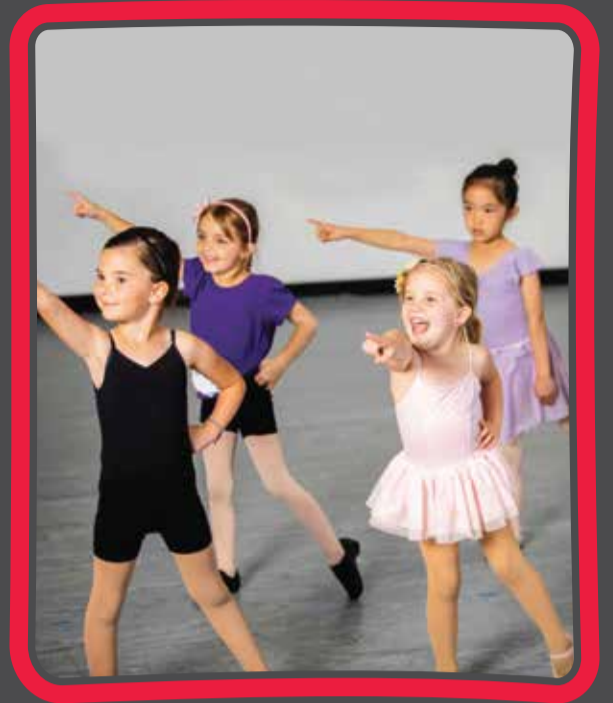
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ENVIRONMENT

Inside gym, classroom or outside on a flat surface

EQUIPMENT

Music player, music, paper and pen, scarves and ribbons, book.



KAZ CREATIVE

CLASS OPERATIONALISATION

METHODOLOGICAL AND ORGANIZATIONAL FORMS OF WORK

Frontal
Group
Individual

TEACHING METHODS

Explanation
Instruction giving
Demonstration
Play
Self-check, discussion and inclusion

TEACHING STYLES

Teacher-centered:
Command, Practice, Reciprocal, Inclusion
Student-centered: -

UNIT DURATION

45 min
Introduction (5 min)
Main part (35 min)
Closing the session (5 min)

SAFETY ADVICE

Safe dance space

ACTIVITIES OVERVIEW

INTRODUCTION

Gather everyone in a circle, explain the activities, their purpose, and the rules.

MAIN PART – DANCE GAMES

1. FREEZE DANCE

Play music and encourage the children to dance freely. When the music stops suddenly, everyone must freeze in their current pose.

2. MIRROR DANCE

Children pair up to mimic each other's movements like reflections in a mirror. One child takes on the role of the leader while the other acts as the mirror. The mirror partner's role is to replicate the leader's movements exactly as they see them. This includes mirroring not only the types of movements but also the direction and timing. After a short period (e.g., 1-2 minutes), rotate roles so that the mirror becomes the leader and vice versa. This allows both children to experience leading and mirroring. This activity can also be done in a group circle. Designate one child as the leader, who performs dance moves while the others mimic them. Rotate the leader periodically so everyone gets a turn.

3. ANIMAL DANCE

Assign each child an animal (e.g., lion, frog, bird) and play music. When the music starts, they dance like their assigned animal. Change the music periodically to switch animals.

4. DANCE CHARADES

Write down different dance styles or actions (e.g., ballet, hip hop, robot dance, jump like a kangaroo) on pieces of paper. Each child picks a paper and acts out the action while others guess.

5. SCARVES AND RIBBONS

Provide colorful scarves or ribbons to each child. Play music and have them dance while waving the scarves or ribbons in the air, mimicking different movements.

6. DANCE STORYTIME

Choose a children's storybook with a rhythmic or dance-related theme. Read the story aloud and encourage the children to dance along with the characters or act out key parts of the story.

7. HEAR THE MUSIC

Move in sync with the music's mood and tempo (slow, fast, happy, sad, etc.).

CLOSING THE SESSION

Gather everyone in a circle and invite them to share their thoughts. Ask them what they enjoyed about the activities, how they felt during specific games, and what they would like to try or change the next time.

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