

EYFS Dance Unit Overview

Area: Dance

Topic: Dance Till You Drop

Date:

Starting Point

The unit is introduced with the children thinking of rhymes and simple songs they know. Children think if any of these songs have dance actions to them e.g. 'The Wheels on the Bus'. The children will then perform some familiar rhymes and songs with actions, before starting to think about different dance styles.

Unit Overview

During this set of 6 lessons, children will build up a repertoire of songs and simple dances. They will be confident enough to sing and perform these dances in a group. They will also be able to adapt and change each dance, thinking about the mood and style, as well as developing a range of different moves to slightly change each dance.

Vocabulary

Dance, speed, fast, slow, sluggish, quick, rapid, mood, happy, sad, miserable, cross, cheerful, jolly, movement, actions, create, ideas, thoughts, music, sing, songs, rhymes, style, ballet, ballroom, Latin, bhangra, rock 'n' roll, Scottish country dance, break dancing, modern, hula.

Equipment

Video recording equipment.

Assessment

Assess children during each lesson through observation and questioning. Children should be able to talk about the skills they are developing. For final assessment, use the child's performance in the final lesson, in which children will perform their own adapted dance – this should be videoed so all children can be assessed equally.

Differentiation

Differentiation will vary for each activity. It may be through equipment used, support given or the task itself. Please see individual lesson plans for details.

Health and Safety

A risk assessment should be carried out to assess the safety of the space you are working in and the equipment.

Main Early Years Outcomes covered throughout this unit

- Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.
- Begins to build a repertoire of songs and dances.
- Children represent their own ideas, thoughts and feelings through dance.
- Children sing songs, make music and dance, and experiment with ways of changing them.

Objectives covered throughout this unit

- To develop the ability to adapt a known dance.
- To develop the ability to share my ideas about how to adapt a dance.
- To develop the ability to change movements and adapt a simple dance.
- To share opinions and give my own ideas about how to adapt and alter a simple dance.

Success Criteria covered throughout this unit

- I can change the speed of my dance moves.
- I can change the style of my dance moves.
- I can build a repertoire of dances.*
- I can share my ideas about a dance performance.
- I can think about how to make a dance even better.
- I can confidently join a wide range of different movements.
- I can adapt and change my dance to suit a different style.
- I can create a small dance which shows my own ideas and thoughts.

Skills covered throughout the unit

- Coordination
- Balance
- Creativity

Additional Notes/Next Steps/Evaluation

*Based on the Early Years Outcomes.

Lesson 1: [I'm a Little TeaPot](#)**Lesson Objective:**

To develop the ability to adapt a known dance.

- I can change the speed of my dance moves.
- I can change the style of my dance moves.

Lesson Outline:

To begin, children will think about some songs with actions that they know. They will then learn some actions for the song 'I'm a Little Teapot'. They will practise this song and dance as a whole class, and then learn how to change the style and the speed of the dance.

Resources: [Nursery Rhyme Choosing Cards](#), [I'm a Little Teapot Nursery Rhyme Poster](#), [Dance Feelings Posters](#), [Dance Styles Display Photos](#), [Foundation PE \(Reception\) Teddy Bear](#), [Teddy Bear Warm-Up Activity Card](#), [Foundation PE \(Reception\) Huff and Puff Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#)

Lesson 2: [The Wheels on the Bus](#)**Lesson Objective:**

To develop the ability to adapt a known dance.

- I can change the speed of my dance moves.
- I can change the style of my dance moves.
- I can share my ideas about a dance performance.

Lesson Outline:

During this lesson, the children will learn and practise the simple song 'Wheels on the Bus' and some accompanying dance moves. They will then try changing the speed and style of this song, before dancing as a whole class.

Resources: [The Wheels on the Bus Nursery Rhyme Poster](#), [Dance Feelings Posters](#), [Dance Styles Display Photos](#), [Foundation PE \(Reception\) Shape It Up Warm-Up Activity Card](#), [Foundation PE \(Reception\) Sleeping Spiders Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#).

Lesson 3: [Heads, Shoulders, Knees and Toes](#)**Lesson Objective:**

To develop the ability to share my ideas about how to adapt a dance.

- I can change the speed of my dance moves.
- I can change the style of my dance moves.
- I can share my ideas about a dance performance.

Lesson Outline:

During this lesson, the children will learn and practise the simple song and dance 'Heads, Shoulders, Knees and Toes'. They will work as a small group to think about how they could change the speed and style of the song and dance.

Resources: [Heads, Shoulders, Knees and Toes Nursery Rhyme Large Display Poster](#), [Dance Feelings Posters](#) (enough for one set per group), [Dance Styles Display Photos](#) (enough for one set per group), [Foundation PE \(Reception\) Stand Up, Sit Down Warm-Up Activity Card](#), [Foundation PE \(Reception\) Shake It Up Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#).

Lesson 4: [The Hokey Cokey](#)**Lesson Objective:****Lesson Outline:**

*Based on the Early Years Outcomes.

To develop the ability to change movements and adapt a simple dance.

- I can change the speed of my dance moves.
- I can change the style of my dance moves.
- I can share my ideas about a dance performance.

During this lesson, the children will learn the song and dance 'The Hokey Cokey'. They will work as a group to change the speed and style of the dance, and will also think about how they can adapt some of the words and movements in it to create a new dance.

Resources: [The Hokey Cokey Song Large Display Poster](#), [Dance Feelings Posters](#) (enough for one set per group), [Dance Styles Display Photos](#) (enough for one set per group), [Foundation PE \(Reception\) Me and My Shadow Warm-Up Activity Card](#), [Foundation PE \(Reception\) Waterfall Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#).

Lesson 5: [Here We Go Round the Mulberry Bush](#)

Lesson Objective:

To develop the ability to change movements and adapt a simple dance.

- I can change the speed of my dance moves.
- I can change the style of my dance moves.
- I can share my ideas about a dance performance.
- I can confidently join a wide range of different movements.

Lesson Outline:

During this lesson, the children will learn the song and dance 'Here We Go Round the Mulberry Bush'. They will work as a group to change the speed and style of the dance, and will also think about how they can adapt some of the words and movements in it to create a new dance.

Resources: [Here We Go Round the Mulberry Bush Nursery Rhyme Large Display Poster](#), [Dance Feelings Posters](#) (enough for one set per group), [Dance Styles Display Photos](#) (enough for one set per group), [Foundation PE \(Reception\) Heads, Shoulders, Knees and Toes Warm-Up Activity Card](#), [Foundation PE \(Reception\) 1, 2, 3, 4, 5 Surprise Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#).

Lesson 6: [Dancing Stars](#)

Lesson Objective:

To share opinions and give my own ideas about how to adapt and alter a simple dance.

- I can build a repertoire of dances.*
- I can adapt and change my dance to suit a different style.
- I can create a short dance that shows my own ideas and thoughts.
- I can confidently join a wide range of different movements.
- I can share my ideas about a dance performance.
- I can think about how to make a dance even better.

Lesson Outline:

During this lesson, the children will work in small groups to choose their favourite song and dance. They will think about how they can adapt it to make it their own, and perform this to the rest of the class.

Resources: [Nursery Rhyme Choosing Cards](#) (print enough of the first two pages for one set per group), [Dance Feelings Posters](#) (enough for one set per group), [Dance Styles Display Photos](#) (enough for one set per group), video recording equipment, [Foundation PE \(Reception\) Sun and Ice Warm-Up Activity Card](#), [Foundation PE \(Reception\) Balloons Cool-Down Activity Card](#), [Dance Till You Drop Teacher Support Cards Pack](#).

[We have a unit pack here that contains more detailed individual plans covering each of these lessons.](#)

*Based on the Early Years Outcomes.