

CREATIVE IDEAS FOR DEVELOPING DANCE

'GYMNOPIEDIE' comes from the Greek word for 'unarmed games'

EYFS: SUPER HEROES!



Show pictures of superheroes. They are strong and brave and do things to help people. They have special powers:

SPIDERMAN

Iron grip: your hands are magnets and stick to anything. Crouch and grasp an imaginary wall and gradually rise up the wall.

Upside down: think about how you can go upside down, copy others and try different ways.

Spinning a web: clench fists and roll your hands around each other. Then release a thread from each hand by opening your fingers.

Swing and turn: circle an arm, run and jump.

Spider scurrying: hands and feet on the floor try moving across the space.

Other heroes can be explored, too.

KS1: OLYMPICS

Discuss the image below and name the sports that can be seen. Now try an action for each of the images:

Canoeing: swinging arm actions from side to side

Fencing: Lunges forward, backwards and side to side

Swimming: over arm circles forward and back, both arms over, kick legs, dive in

Archery: Pull bow and arrow and run forward.

Skiing: Squat and run and jump.

Children can now select 2/3 actions to create their own short dance. This could be done with a partner.



As a class, make the 5 interconnected circles of the Olympic flag.

CREATIVE LINKS TO THE EYFS HOLISTIC CURRICULUM

EXPRESSIVE ARTS AND DESIGN and PD:

Cover balloons with paper mâché. Once they have dried, attach balloons to each end of long cardboard tubes e.g. from cooking foil boxes and paint as dumbbells. Ask children to choreograph 'strong man' acts to entertain peers and parents.

EXPRESSIVE ARTS AND DESIGN – MUSIC

Sing this song to the familiar tune: '*Here go round the mulberry bush*', with lyrics about a pairs of challenging physical actions. Incorporate children's ideas, too.



*Tap your head and rub your tum,
Rub your tum, rub your tum.
Tap your head and rub your tum
We're quite sure you can do it.*

Other verse ideas: *Hop about and clap your hands ... shrug your shoulders, bend your knees etc.*

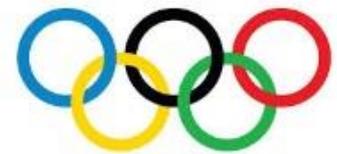
MATHS/PD

Draw a chalk circuit in the outdoor area and lead a 5-minute 'Mini-Marathon'. Ask children to count how many circuits they completed.

CREATIVE LINKS TO THE KS1 CURRICULUM

PE

Design and try out an obstacle race course for other KS1 pupils, using small apparatus. Which physical skills will you decide to test?



HISTORY

Tell the story of the origin of the sports term 'Marathon', which commemorates a soldier who ran 25 miles from the town of Marathon (Greece) to Athens to bring leaders important news of a battle.

PSHE

Talk about other famous unselfish acts, such as the boy who saved Holland by putting his finger into a breach in the dam.

ART AND DESIGN:



Design and make new Olympic medals for gold, silver and bronze and attach to ribbons.