DREAM WITH YOUR FEET

A collection of short but complete pieces of music to use in Early Years and KS1 settings



'Dancing is like dreaming with your feet!' Constanze Mozart

Flora Sheringham compiled this wonderful resource in 2002 which was then called LITTLE PIECES. This interesting collection brought together some musical gems with which to enhance delivery of dance within EYFS strand 'EXPRESSIVE ARTS AND DESIGN' and with progression to DANCE at KS1. The pieces were chosen specifically to enable listening and responding through dance and are taken from a wide range of styles, genres and traditions.

'Listening, moving and making dances often go together … so this resource has been designed to be an aid to developing a discriminatory ear and a sensitive movement response.' Flora Sheringham

This exciting resource has now been updated, adopting many of Flora's insightful ideas and music choices. **DREAM WITH YOUR FEET** is now available in online with detailed practitioners' notes, offering creative ideas, not only for initiating dance and movement, but also providing cross-curricular activities to connect music and movement to the EYFS Framework and the wider KS1 curriculum. The activities are aimed at the generalist: they are practical, concise, accessible … 'pick up and go' materials. The EYFS Framework and KS1 curriculum notes were written by Sue Nicholls. To obtain the online resource, click on the following link: www.nmpat.co.uk/dreamwithyourfeet

Sue Nicholls worked as a music subject leader in many primary settings during her career as a teacher, achieving the status of Advanced Skills Teacher - a role which allowed her to develop her particular passion within music education: the support of generalist teachers. She has published several music resource books for non-specialists for Collins and OUP, and lectures on modules for teacher trainees. Sue now works nationwide as a music education consultant delivering workshops and music-based CPD to schools and music hubs. She leads the Trinity CME programme at Northampton University.

The EYFS and KS1 dance notes were created by Karen Bailey

Karen is a highly qualified and experienced tutor. Karen trained at the Laban Centre gaining a Degree in Dance and QTS from the University of London, Goldsmith's College. She gained an MA in Education from the University of Northampton. Karen has taught a wide range of courses in Higher and Further Education as well as Primary and Secondary schools including GCSE/ A level Dance, BTEC First/ National Diplomas in Dance, PGCE Dance and undergraduate PE (Dance). In her role as a Specialist Leader in Education, Karen is able to offer a range of training from Early Years through to Post-16 and Higher Education. Whilst specialising in dance she can also offer whole school training on creative approaches to learning and connecting the curriculum particularly through dance and the arts.

GLOSSARY: There are two dance 'terms' that may require further explanation:

A 'dance phrase' can be compared to a phrase in language i.e. words put together to make coherent sense or perhaps offer a description. **A dance 'phrase'** is a series of movement ideas linked together as a continuous sequence, to expand or define an idea translated into movement.

A 'canon' is like a 'round' for singers (e.g. Frère Jacques); this is where dancers begin their individual phrases at staggered points within the dance piece.

Recommended resources for developing music and dance: 'Let's Go Zudie-O'' and 'Let's Go Shoolie-Shoo' published by Collins

DREAM WITH YOUR FEET Flora Sheringham's original list of dance moves/actions, movement descriptors, plus instrumentation on each recording.

MUSIC TITLE	COMPOSER	DANCE MOVES AND ACTIONS	MOVEMENT QUALITY DESCRIPTORS	INSTRUMENTS
Teddy Bears' Picnic	Bratton arr. Halton	Bouncy walks, gallops, tiny steps, jumps	Quick, light, happy, bright	Saxophones: soprano, alto, tenor, baritone
March Militaire	Schubert	Big steps, small steps, marching	Strong, light, proud	Violin, viola, cello, double bass, flute, clarinet, trumpet, trombone, triangle, tambourine
La Cumparsita	Matos	In and out, swaying, bending, stretching, turning, twisting	Light, sparkly, bendy, slinky	Mandolin, accordion
Gymnopédie	Satie	Curling, stretching, rocking, rolling	Strong, calm, smooth	Flute, violin, viola, cello, double bass, piano
Polka	Stravinsky	Skipping, punching, kicking	Light, strong, spiky, sharp	Trumpet, piccolo, clarinet, violin, viola, cello, double bass, trombone, bass drum, snare drum
Mother Goose	Ravel	Smooth and floaty	Slow, light	Flute, muted trumpet, clarinet, piano, bassoon, viola, cello
When the saints	Traditional	Striding and quick march	Happy, bright, strong, bouncy	Drums, trumpet, guitar, trombone, double bass, clarinet, muted trombone, drums with brushes
Maple Leaf Rag	Scott Joplin	Clapped rhythm patterns	Light and bouncy	Piano, trumpet, trombone, drums, clarinet, double bass, guitar
Tin Roof Blues	Members of the New Orleans Rhythm Kings	Rolling, gliding, pushing, pulling	Heavy, slow, stretchy, slithery, loose	Muted trumpet, muted trombone, clarinet, drums, guitar, double bass, piano
Can Can	Offenbach	Prances, toes and heels, waving arms and shaking	Fast, strong, bright, fast, exciting	Tenor horn, two violins, trombone, piccolo
Tortoise	Saint Saëns	Creeping, plodding, looking	Extremely slow, strong, heavy, careful	Piano, viola, cello, double bass
Grasshopper	Prokofiev	Jumping and hopping	Quick and strong	Violin, cello, piano, bassoon, clarinet, flute, trumpet
Waltz	Stravinsky	Clockwork	Steady and light	Xylophone, flute, clarinet, bassoon, muted trumpet
Round Dance	Bartok	Slouch, heavy treads, rocking	Heavy, sad, serious, tired, sleepy	Piccolo, viola, cello, double bass