

Toy Doll Dancing Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ P.E. Positions supplementary worksheet
- ▶ Pencil
- ▶ Paper
- ▶ Exercise mat

L.O:

- ▶ To develop transitions between shapes to make a themed routine.

STARTING ACTIVITY (5mins)

GUIDANCE – You will need to clear an open space for this activity. If using a garden, you will need a soft area to act as a mat for floor work.

Put different colour items out that are safe in the exercise area then allow your child to jog round. As you shout a specific colour they should go to that object.

MAIN TEACHING (10mins)

Tell the children that using the P.E. Positions supplementary worksheet they will be developing a routine in which they will act like a toy doll. Have them stand in front of you and you choose two initial positions from the worksheet. Have your child perform each for practice first. Ask your child to practice moving from one shape to the other.

Tell your child that now they have learnt the shapes it will be how they choose to move between them that will make the difference and allow them to make a great routine. Repeat the process above if your child seems unsure. Tell them they will be free to choose how they transition between shapes to complete the task.

MAIN TASK - Toy Doll Dance (15mins)

Define the task to your child: they will develop a routine consisting of at least five shapes (and the

transitions between) that will be based around trying to move how they imagine a doll would. They should use the paper and pencil to record how their routine will proceed (reinforce that you will expect to see this at the end). Allow your child to begin to work on this individually.

GUIDANCE – Instruct your child to use the pencil outside the exercise area so they do not have an accident, then return with their paper to practice their routine. They should not have a pencil on them whilst practicing or performing.

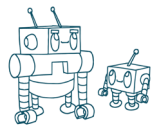
PLENARY (2mins)

- ▶ Have your child display their routine for another family member and allow them to provide feedback on their routine and use of transitions.
- ▶ Have your child jog gently around the learning area for two minutes followed by two minutes walking to warm down.

DID YOU KNOW!

There is a dance called the Robot that dates way back to the 1920s, in which the dancer will imitate robotic movements. This dance was made popular by Michael Jackson.

Check out our History lessons to discover about the importance of historical moments.



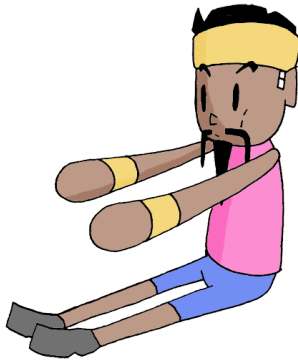
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CHILDREN'S SHEET

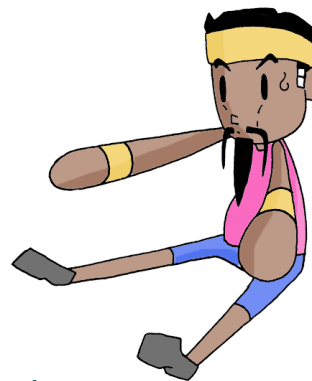
Using the following, pick out a series of different positions to create your very own Toy Doll Dance routine, taking care to focus on how you change in between each position.

Make sure to take care when change between positions and do so slowly and with ease.

Pike Sitting



Straddler Sitting



Tuck Sitting / Squat

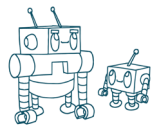


Straight Standing



Star Standing



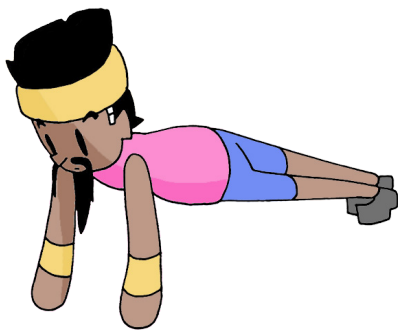


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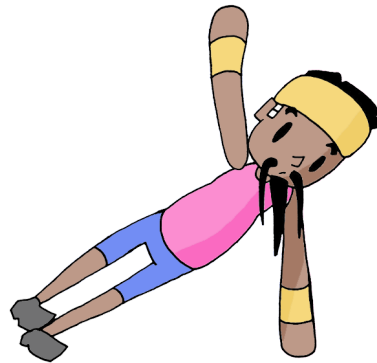
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Using the following, pick out a series of different positions to create your very own Toy Doll Dance routine, taking care to focus on how you change in between each position. Make sure to take care when change between positions and do so slowly and with ease.

Support Front



Support Side



Support Back



**Levers Half Step 1
Bottom Up Feet Rest**



**Levers Half Step 2
Bottom Resting Legs Up**

