

Theme: To Infinity and Beyond

Subject: PE

Years: 1/2

Term: Autumn

	What? How?	Resources
<p><b>Session 1</b> <b>Wb 14.9.20</b></p>	<p><b>LC: Can you make up a short dance sequence to show an astronaut putting on their spacesuit?</b> <b>Warm Up</b> - Basic movement to music – <b>Calvin Harris – Let’s Go.</b> (march, side step, high knees, star jumps, spotty dogs etc) <b>Activity</b> – Look at a picture of an astronaut and discuss the clothing they wear. Make a list of the order in which an astronaut might put on their clothing. Use the list to create a short dance sequence to show an astronaut putting on their clothing. Encourage and support your child in including a range of body actions – stretching, jumping, turning etc, and a range of levels (low and high moves). Practise &amp; develop dance sequence to the music – <b>Then I open the door</b> <b>Cool Down:</b> Gentle movements to music – <b>Drawing Nearer</b> – pretend to take off astronauts clothing incorporating stretching moves.</p>	<p>Picture of an astronaut Music – Calvin Harris – Let’s Go Then I open the door Drawing Nearer</p>
<p><b>Session 2</b> <b>Wb 21.9.20</b></p>	<p><b>LC: Can you choose movements to move like a rocket in space?</b> <b>Warm Up</b> - Basic movement to music – <b>Calvin Harris – Let’s Go.</b> (march, side step, high knees, star jumps, spotty dogs etc) <b>Activity</b> -Discuss how an astronaut would get into space? Play audio clip - <b>Count down 10,9,8...</b> Explore different ways of making your body blast off like a rocket into space e.g. star jump, bunny hop, from crouching, 2 feet together, from foot to foot, hop scotch, jump to turn or change levels. Play music <b>Inner Space.</b> Explore ways of moving around like a rocket. Think about changing speed and direction. Practise putting the 2 parts of your dance together – blasting off then travelling through space. Try to repeat your dance and remember it. <b>Cool Down-</b> Gentle movements to music – <b>Drawing Nearer</b> – pretend to take off astronauts clothing incorporating stretching moves.</p>	<p>Music – Calvin Harris – Let’s Go Inner Space Drawing Nearer Audio Clip – Countdown 10, 9, 8</p>
<p><b>Session 3</b> <b>Wb 28.9.20</b></p>	<p><b>LC: Can you create a moon walk dance motif?</b> <b>Warm Up</b> - Basic movement to music – <b>Calvin Harris – Let’s Go.</b> (march, side step, high knees, star jumps, spotty dogs etc) <b>Activity</b> -Explain: your rocket has landed on the moon and astronauts are going to explore it. Discuss what your child knows about the moon. Q How could we move? Watch <b>Moon Walking video clip.</b> Establish that due to its lack of gravity, all movements are going to be big and slow. Play music <b>Inner Space.</b> Explore ways of walking as if you are on the moon to create a short moon walk dance sequence. Try to repeat your sequence and remember it.</p>	<p>Music – Calvin Harris – Let’s Go Inner Space Drawing Nearer Video Clip – Moon walking</p>

	<p><b>Cool Down-</b> Gentle movements to music – <b>Drawing Nearer</b> – pretend to take off astronauts clothing incorporating stretching moves.</p>	
<p><b>Session 4</b> <b>Wb 5 10.20</b></p>	<p><b>LC: Can you make isolated body movements to move like a robot?</b></p> <p><b>Warm Up</b> - Basic movement to music – <b>Calvin Harris – Let’s Go.</b> (march, side step, high knees, star jumps, spotty dogs etc)</p> <p><b>Activity</b> - Discuss how when astronauts are in space, lots of technology such as robots are used to help them work. Watch <b>video clip of a space robot.</b> How do robots move? (jerky movements)</p> <p>Play music <b>Robots on the Run.</b> Explore ways of making your body move like a robot. Include head twisting, shoulder lifting, arm movements from elbows, wrist flicking, leg movements from hips then knees.</p> <p>Practise and repeat your sequence to remember it.</p> <p><b>Cool Down-</b> Gentle movements to music – <b>Drawing Nearer</b> – pretend to take off astronauts clothing incorporating stretching moves.</p>	<p>Music – Calvin Harris – Let’s Go Robots on the Run Drawing Nearer Video Clip – Space robot</p>
<p><b>Session 5</b> <b>Wb 12.10.20</b></p>	<p><b>LC: Can you put all the parts of your dance together to create and perform a space dance?</b></p> <p><b>Warm Up</b> - Basic movement to music – <b>Calvin Harris – Let’s Go.</b> (march, side step, high knees, star jumps, spotty dogs etc)</p> <p><b>Activity</b> – In previous lessons, your child has explored different body actions and movements to create sections of a space dance. In this lesson, your child will practise linking all the parts of their dance together.</p> <p><b>Parts of the dance</b> - <i>waking up and getting ready to be an astronaut, count down, blast off and moving around like a rocket in space, being other objects in space, moonwalking, isolated robot movement.</i></p> <p>Practise and refine dance performance using the following pieces of music.</p> <p>– <b>Then I open the door, Drawing Nearer, Count Down 10,9,8., and Inner Space (play x3), Robots on the Run.</b></p> <p><b>Cool Down</b> - Lie still, thinking about your body – tense and relax different muscles in your body to music – <b>A New Dawn.</b></p>	<p>Music – Calvin Harris – Let’s Go Then I open the door Count down 10 9 8 Inner Space Robots on the Run A New Dawn</p>
<p><b>Session 6</b> <b>19.10.20</b></p>	<p><b>LC: Can you move like an astronaut?</b></p> <p>Chn to watch and copy moves – Cbeebies – Boogie Beebies – Space Walking</p>	<p>Cbeebies – Boogie Beebies – Space Walking</p>

