

DANCE: In The Olden Days

Camelot

All the boys pretend to be knights in shining armour and the girls pretend to be ladies from the olden days with long dresses and pointy hats

The teacher speaks over the music on the CD track to provide the instructions

The students should attempt to perform their movements in time to the music

Everyone begins by standing in a circle and walking in a clockwise direction in time to the music.

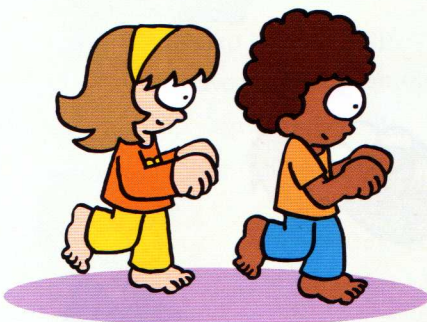
The boys walk stiffly in their armour and the girls pretend to hold up their skirts as they walk.



Once everyone is walking in time to the music, ask everyone to sit down around the round table.

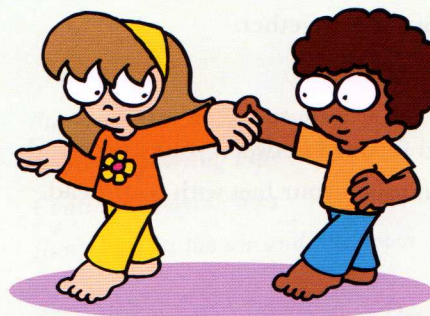


The boys pretend to sharpen their swords and the girls pretend to make bread by kneading the dough.



Everyone stands up again and climbs on a horse. They gallop around the circle on their horse.

Everyone climbs off their horses and starts to dance in time to the music.



CD 3: TRACK 18

CD 3: TRACK 19

RESPONDING

Who danced in time to the music?

Who enjoyed being someone from the olden days?