

Unit 1 – Lesson 1: Steady, rhythmic actions

Objective:

Students move in a steady rhythm to the following actions: walking, marching, jumping, reaching, stretching, twisting, swiveling

Organiser:

Presenting

Useful vocab:

Dreaming, motif

You will need:

CD 1

WARM-UP

Students create actions to represent the following:
Sun, kangaroo, emu, and brolga

CD 1: TRACK 01

In the Dreaming

by Barbara Snook

This is the man who lived on the earth
*Standing in a circle facing inward,
march on the spot*



In the Dreaming, in the Dreaming

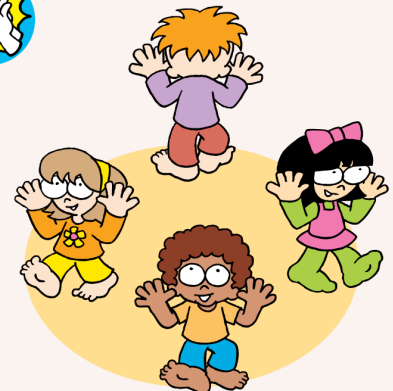
Walk into the centre of the circle and bring arms up above head

Everybody clap



This is the sun that warmed the earth

*Turn and walk back to place while moving arms
to resemble the sun*

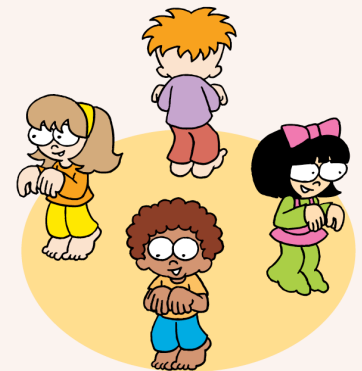


In the Dreaming, in the Dreaming

Walk into the centre of the circle and bring arms up above head

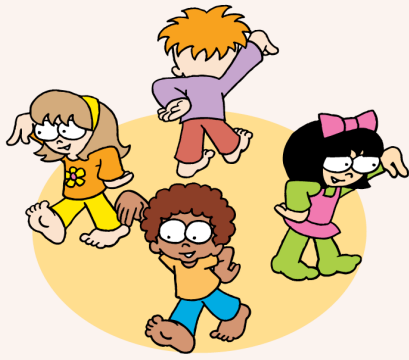
This is the kangaroo who hopped on the earth

Kangaroo-jump back to place



In the Dreaming, in the Dreaming

Walk into the centre of the circle and bring arms up above head



This is the Emu who ran on the earth
Turn and move back as an Emu



In the Dreaming, in the Dreaming
Walk into centre of circle and bring arms up above head

This is the Man	<i>Marching on the spot</i>
This is the Sun	<i>Sun Motif</i>
This is the Roo	<i>Kangaroo-jumps</i>
This is the Emu	<i>Emu movements</i>

Repeat the last section from 'This is the Man'

In the Dreaming *Move back to place and jump up high on 'Dreaming'*



STRETCHING

Rise up on toes and reach for the stars.
 Reach down to touch the earth.
 Let knees bend and have a heavy head.
Repeat 6 times.

Free activity
 from

Dance Room Book 1
 (NEW DEVELOPMENTAL CLASSROOM DANCE PROGRAM)
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