

Focus plan for Physical Development

Activity - Day and Night dance Date -

Learning intention

To respond to rhythm, music and story by means of gesture and movement.

Move spontaneously within available space.

Resources

CD of calm, sleepy music and lively, louder, wakeful music

Blankets/pillows

How the activity will be carried out

Allow the children to play with the blankets and pillows while the music is on for a few moments. Turn off the music and ask the children how the music made them feel. Which music makes them feel quiet and relaxed and which awake and busy? Play the music again and ask the children to move in the way the music makes them feel. If the music makes them feel sleepy, invite them to curl up under the blankets. If it makes them feel awake, invite them to dash about in an energetic way, or greet one another as though they were out for a walk, or carry heavy bags as though they were coming back from the shops etc. End the activity by playing the sleepy music and asking each child to lie on their back under a blanket and close their eyes. You could dim the lights. Ask the children to listen to their breathing as it slows and calms and they feel relaxed and rested.

Questions to ask/Language to use

Sleepy/rested/calm/quiet/relaxing/slow

Awake/busy/loud/hurrying/quick

How does it make you feel? How could you show this?

Differentiation (Birth to Three)

Have a row of blankets and a selection of coats. Play the music and ask the children to get under a blanket for the sleepy music or put on a coat for the awake music.

Extension

Ask children to mime a daytime activity, or night time activity, and get other children to guess what they are doing.

Evaluation