

Push and Pull Dance

Year 1

Subject Focus: Pushes and pulls

★ Dance

Objectives Pupils will learn to:

- identify objects which they moved by pushing and those which they moved by pulling e.g. *I moved the piano keys and the piece in a jigsaw by pushing and the sticky tape and desk drawer by pulling*
- ★ respond to different stimuli with a range of actions
- ★ copy simple movement patterns from each other and explore the movement
- ★ choose movements to make into their own phrases with beginnings, middles and ends
- ★ practise and repeat their movement phrases and perform them in a controlled way
- ★ use simple dance vocabulary to describe movement
- ★ talk about dance, linking movement to moods, ideas and feelings.

Activity

- Let the children explore a range of objects that involve pushing and pulling.
- Ask the children to explore movements that make them think of 'pushing' e.g. sitting on the floor and extending their legs out in front of them.
- Encourage the children to use different speeds, levels and directions e.g. a jerk forwards quickly with their arms.
- Repeat with the word 'pull'.
- Ask the children to try to put the two movements together. Can they link them together smoothly? Each child could write their movements down to help them remember their movement phrase. Each word/ movement could have a different property e.g. step forwards, backwards, sideways or stretch high, low or kick strong/ slow, light/ fast.
- The children can then perform their movement phrase to each other.
- Ask the children to describe their own and others' movements and talk about how it made them feel.