

7. Going to School

Description

Invite the pupils to sit on the floor spots in a circle. Tell the pupils that they are going to create a dance about coming to school.

- Before they leave the house they need to put their shoes and coat on, invite the pupils to act out putting on one shoe and tie one lace, then the other. Practise this using 4 counts for each shoe.
- Next invite the pupils to stand up and jump on their spot for 8 counts. Pupils then pretend to put on their coat, one arm in for 2 counts, the other arm in for 2 counts and then zip it up for 4 counts.
- Practise this a few times, then try with music. Finish the dance by skipping as the method of travel in one direction for 8 counts, then skipping the opposite direction for 8 counts.

Invite the pupils to perform the dance by putting all parts together:

1. Start seated putting on shoes (8 counts 4 for each shoe).
2. Jump on the spot (8 counts).
3. Putting on coat (8 counts in total)

4. Skip in one direction for 8 counts, skip in the other direction for 8 counts.
5. Skip forwards for 4 counts and back for 4 counts.
6. Wave to school friends on the left for 4 counts and on the right for 4 counts.

Repeat a few times with music.

Equipment

- Spot Markers
- Music

Variations

- Count out loud to help the pupils stay in time.
- Invite pupils to use their own methods of travelling.

