

Spiderman

<u>CLASS AGE.</u> Years 4,5,6 (can be adjusted for younger children)	<u>DURATION.</u> 20-30 minutes	<u>EQUIPMENT.</u> Optional music – Spiderman theme music
<u>FACILITY.</u> Hall	<u>ACTIVITY TYPE.</u> Dance /Movement	<u>Visual Aids.</u> -Spiderman clips and pictures - Spiderman comic -Pictures of a spiders web

AIMS

- Experiencing fundamentals of dance
- Developing sequence skills
- Remembering and repeating a short choreographed routine

MAIN ACTIVITY

Using the spider's web as the stimuli, allow free rein but guided learning. Discuss how a web may look, the shape and dynamics. I find this is best done as a group movement as it adds focus and a central point, to which the rest of the dance can be added too.

Spiderman Actions

- How does Spiderman move? : He swings, crouches, jumps, leaps, rolls (soft landing with bent knees).
- Discuss Spiderman's directional movements and his hand position when he makes his spiders web (palm up thumb, 2nd finger & little finger pointed 3rd/4th finger folded in).
- Link 2 or 3 moves together i.e. 1 Spiderman jump, 2 leaps to the left, hand position to start a choreographic sequence.

What does Spiderman do?

He climbs up buildings, he leaps off buildings, he spins a web, and he catches criminals or baddies. Again, start to link movements to together into a routine.

Filling in Movements

- Teach walk, jump and roll, but do this as a separate session. I broke down a 4 count walk, a seated roll and then a jump. The children learnt this little sequence via an 8 count bar and this is a handy sequence to link part of the dance together, as the children can reposition and gain space.