

Under the Sea

<u>CLASS AGE.</u> Years 2,3,4,	<u>DURATION.</u> 10 minutes +	<u>OPTIONAL MUSIC.</u> Under the Sea from The Little Mermaid.
<u>FACILITY.</u> Hall/Outside	<u>ACTIVITY TYPE.</u> Warm-up/Fun activity/ Development for longer piece of dance work	<u>Visual Aids.</u> Seashells pictures or actual sea shells. Pictures /Book of sea creatures

AIMS

- To increase spatial awareness,
- To create an understanding of pathways of travel, directional movement
- Learning a set sequence of movements and rehearsing them in order
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MAIN ACTIVITY

The best way to use this dance /movement activity is to develop it over a couple of sessions. Don't be inclined to use all the creatures at once. Allow the children to use their imagination and adapt their suggestions.

Begin the activity by discussing the sea and using visual aids of underwater creatures, you can find the ELHQ underwater photo pack here.

Seashell. This is your control command, which you can use when the children are becoming too boisterous. Using your body make a seashell shape, tight curled, circular. Use visual aids to illustrate how you want the children to act.

Octopus. On the spot movement with wiggly arms and legs. Moving up and down.

Crab. Sideway stepping movements only bent knees, arms and hands turned out to 90 degrees with claw like snappy movements.

Clam. Standing still opening long wide arms slowly, and then shutting them quickly!

Dolphin. Leaping turns and twists, graceful athletic movements.

Jelly Fish. Moving backwards with large sweeping actions with arms, arching of the body.

Be aware of the Shark! No doubt you will get suggestions of the Shark, as kids love running around with a hand shaped fin on their head making the children far more excitable than you want them to be! When introducing the shark use descriptive words such as Stealth, Muscular, Fast then Slow and Hunter, this will help you dictate their movement.

You can ask the children to put these movements together into their own routine, which they can then rehearse and perform to one another. This activity can also be used as a warm-up.

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Cool-down

Using the music Aquarium from Carnival of the Animals Saint- Saens. Have the children move slowly around the room, finally ending up lying down on the floor.