Individual Activity Lesson Plan

Date: Wednesday 8th April 2020

Activity Title: Dance like a Dinosaur

Learning Intention: To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping . **Links to EYFS:** Physical Development**:** Moving &Handling.	**Activity Overview:** We are going to be dancing like a dinosaur. Using a combination of large and smaller movements. Helping to support the development of our gross motor skills, balance and co-ordination.
Resource: -A large space -The song The Prehistoric Animal Brigade https://www.youtube.com/watch?v=bENtOFR66YY Please be strongly advised that this is a direct YouTube link and it is responsible for any subsequent content. Adverts may still pop up along the bottom of the screen.	**Key vocabulary:** Bend, stretch, flap, swing run, tiptoe, twist, stomp.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:
- Explain to your child today we are going to be dancing like a dinosaur.

Main Activity:

Explain you are going to be dancing along to The Prehistoric animal brigade.

Using your bodies to create large movements like the dinosaurs.

For example "Can you stomp like a dinosaur?" or "Let's flap your arms like a Pteranodon."
- While singing along to The Prehistoric animal brigade (see link above).
- Give them the opportunity to create their own movements.
  *How do you think a T rex would walk?
  *Can you show me how your favourite dinosaur can move?
- Challenge your child to create their own sequence of movements using the dinosaurs we have seen.

*I wonder what dinosaur you will be next.

* Can you show me how a t rex stomps?

*Can you combine two dinosaur movements and ill guess what they are?

Challenge:

Encourage your child to make their own dance movement pattern for you to follow and guess which movement matches which dinosaur.

Additional ways to support your child:	**Extension:**
Have fun with it and create simple movements for your child to follow. For example flap your arms around like a Pteranodon or tip toe like a Triceratops.	Challenge your child to think about how other animals may move. Invite s/he to demonstrate different animal movements. Can you guess the animal?

STEGOSAURUS

HYPSILOPHODON

TYRANNOSAURUS

DEINONYCHUS

PACHYCEPHALOSAURUS

IGUANODON

ANKYLOSAURUS

PTERANODON

VELOCIRAPTOR

BRACHIOSAURUS

ALLOSAURUS

PLESIOSAURUS

PARASAUROLOPHUS

RHAMPHORHYNCHUS

SPINOSAURUS

TRICERATOPS