



EduTrend Contents

W4C · DANCE AND RHYTHMIC SPORTS · PRIMARY

Move, Shape and Freeze

Explore actions, levels and speeds through creative movement

Ages 7–10

Level: Foundation

45 minutes

Whole class · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Move, Shape and Freeze

Pupils warm up with a freeze game, explore basic dance actions of travelling, turning, jumping, gesture and stillness, and change level and speed. In groups they create and perform a short weather dance with a clear start, middle and end shape.

Learning outcomes

By the end of the session pupils can:

- perform basic dance actions with control;
- change level, speed and direction;
- create a short phrase with a partner or group;
- describe a dance using simple dance words.

KEY WORDS

action · travel · turn · jump · gesture
· stillness · level · speed · phrase

CURRICULUM LINKS

PE: dance. Music: tempo and dynamics. Science: weather.
English: describing words.

1

WARM UP

Raise and mobilise

2

EXPLORE

Try the movement
idea

3

CREATE

Make a phrase

4

REHEARSE

Practise and refine

5

PERFORM

Share and watch

6

COOL DOWN

Reflect and stretch

Materials

- A clear hall or large space
- Music player and 3–4 contrasting tracks
- A drum or tambourine
- Weather picture cards
- Worksheets 1, 2 and 3

Before the session

- Clear the space and check the floor.
- Choose music with contrasting speeds.
- Prepare weather cards: rain, wind, sun, storm, snow.
- Plan a stop signal.

SAFETY

Clear, non-slip floor. Bare feet or suitable shoes.
Spread out and look for spaces. Warm up first.
Land softly.

ACTIVITY 01 · SESSION PLAN

Step by step

Use the drum to control speed and stillness: a strong stop signal gives pupils confidence to move boldly.

Time	What happens	Say or ask
0–5 min Warm up	Freeze game: move to the drum, freeze in a shape on silence.	<i>"Can you freeze like a statue?"</i>
5–15 min Explore	Travel, turn, jump, gesture and stillness at high, medium and low levels.	<i>"How else can you travel?"</i>
15–30 min Create	Groups choose a weather card and make a 3-part dance.	<i>"How will your dance start and end?"</i>
30–40 min Perform	Groups perform; audience guesses the weather.	<i>"Which moves showed the weather best?"</i>
40–45 min Cool down	Slow stretches and breathing.	<i>"What was your favourite shape?"</i>

CHALLENGE CARD (print or copy onto the board)

Create and perform a short weather dance with a clear start shape, three different actions, a change of level and an end shape.

ACTIVITY 01 · FACILITATOR NOTES

The dance know-how in brief

Dance teachers often describe movement using action (what the body does), space (where it moves, such as levels and directions), dynamics (how it moves, such as fast or slow, strong or light) and relationships (who or what it moves with).

This framework grew from the work of Rudolf Laban, a movement theorist whose ideas about effort and space are still used to teach and analyse dance around the world.

Common ideas to listen for

- “Dance means copying steps.” Pupils can create their own movement.
- “Only fast moves are exciting.” Stillness and slow motion are powerful.
- “Boys and girls dance differently.” Everyone can use every action.

Adapting the activity

Support

Give pupils a set start and end shape to use.

Stretch

Add a canon, where dancers start the same move one after another.

WORKSHEET 1

Action words

Name: _____

Class: _____ Date: _____

Draw or write moves for each action.

Actions

Action	My move
Travel	
Turn	
Jump	
Gesture	
Stillness	

WORKSHEET 2

Our weather dance

Plan your dance.

Plan

Part	What we do	Level or speed
Start shape		
Middle		
End shape		

WORKSHEET 3

Watch and share

Think about the performances.

A move I liked and why

Something our group could improve

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Performs actions with control	Changes level and speed	Creates with a group

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Move, Shape and Freeze is a sample activity from the EduTrend Contents W4C Dance and Rhythmic Sports programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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