



ACTIVITIES & ASSEMBLY



LEARNING OBJECTIVES

This lesson will help pupils to:

- ★ Change the rhythm, speed, level and direction of their movements.
- ★ Create and perform dances using simple movement patterns.
- ★ Learn and perform movements.

Warm-up

Direct the pupils in a gentle jogging, marching, skipping or similar rhythmical activity. You can then use a simple warm-up game like:

- ★ Head, shoulders, knees and toes.
- ★ The bean game – jumping beans, jelly bean, chilli bean!
- ★ Simon says.

Then direct the pupils to gently stretch head to toe. Make sure you encourage them to hold the stretches rather than 'bounce'. Stretches should never hurt.

Main activity

Create six dance sequences (each one taught by a different child). The sequences are designed to be mirrored, so the pupils can just follow them in one PE class.

Pause and practise after each sequence. You may wish to practice it a couple of times until the children have comfortably learnt the moves. Why not give students a chance to lead and teach the sequences?

MAKE IT EASIER

The older children can help guide the younger children in pairs or small groups.

Learn just a few sequences for your routine – or even just one.

Learn each sequence over several PE lessons.

Get everyone to follow along and learn how to put together the six sequences for your big finale.

DANCE TILL YOU DROP

Once the pupils have learnt and performed the dance, get daring and take the next step.

- ★ Break the pupils into six groups, and perform the dance in a round, with each group starting on a different move.

- ★ Ask the pupils to create their own moves for the music – they can then integrate them into the main dance.
- ★ Do the moves faster/slower or higher/lower – encourage the pupils to think how else they could change them.

Warm down

Be sure to spend 5-10 minutes doing gentle stretches and an easy walk around the room to warm down after getting into the groove.

EXTENSION ACTIVITIES

- ★ Create a poster showing different dance styles from around the world.
- ★ Explore the circulatory system and pulse rate.
- ★ Set up a simple comparative test to show how everyday activities affect the human body.
- ★ Get pupils to plan their own exercise diary, with one hour of exercise a day – think about walking to school, swimming, football, gardening, helping out with housework, playing outside, shopping.
- ★ Create your own dance film, perhaps accompanied by a short report or blog about your event.
- ★ Ask pupils to write instructions on how to perform one or more of the moves.
- ★ We would love to see your dances, so please do share them (with full parental permission) on our Facebook page at: www.facebook.com/cransleyfundraising

LET'S MAKE TIME TO HELP OTHERS

10-15 minutes

This assembly will help pupils to:

- ★ Think about how good it feels to be kind and help other people.
- ★ Find out about some of the ways Cransley Hospice Trust helps families affected by illness.
- ★ Understand how taking part in Dress Up and Dance will help other people.

Start by asking pupils if they can think of something a friend, family member or teacher has done to help them this week. Perhaps share an example of a pupil helping you out and how that made you feel. It's nice when people help you, isn't it?

Now ask pupils to think about how it feels when they are helpful or kind to others. Reflect that it can feel really good to know you have done something nice for other people.

We all have very busy lives – going to school and working hard – but it is good to take time to do something for other people. It can make everyone a bit happier.

MAIN POINTS

Explain that on your agreed day, your school will be doing something that will really help other people. Dress Up and Dance will raise money for a charity called Cransley Hospice Trust.

This will be a chance to have fun at the same time, because everyone will be getting together and dressing up. But it will also be doing good because Cransley Hospice Trust will be able to use the money you raise to help patients and families when someone is seriously ill.

End by making sure pupils and staff know when and where you're holding Dress Up and Dance and how they can get involved.

Let them know that this will be a really fun event and a great way to support Cransley Hospice Trust so they can help patients and families affected by serious illness.



ACTIVITY

DESIRED LEARNING OUTCOMES

This lesson will help pupils to:

- ★ Understand what a Cransley Hospice Trust nurse does.
- ★ Understand charities and Cransley Hospice Trust.
- ★ Understand how their fundraising will help others.
- ★ Explore jobs.

Starter activity

Explain that Dress Up and Dance will raise money for a charity called Cransley Hospice Trust and that your pupils are helping others by taking part. You can adapt how you talk about charity and Cransley Hospice Trust to different age groups.

What is a charity?

5-9 years: A charity is a group that collects money from people like you and your family. It uses this money to help people (or sometimes animals) who are ill or need help.

9-11 years: A charity is a group that helps people (or sometimes animals) who are ill, in trouble or need help. They can only do this thanks to the money that people like you and your family give them.

Cransley Hospice Trust

5-9 years: Cransley Hospice Trust helps people who are very sick, and helps their families too.

9-11 years: Cransley Hospice Trust helps patients and families affected by serious illness. They help in lots of ways, like helping them with their medicines or talking to them when they feel sad or upset.



ACTIVITY

Name:

Class:

DRAW YOUR OWN CRANSLEY HOSPICE NURSE

