Let's make a dance! Teacher cue card

KS1 PE · 45–50 min

Say the goal: "I can work with my group to make a dance with a start shape, moves in an order, and an end shape."

1 Warm-up: follow the leader *8 min*

- Call a move, show it, everyone copies for 8 counts. Travel: march, gallop, tiptoe, skip, side step, swim, robot. On the spot: star jump, hop, spin, stomp, clap, shake, wave, reach, kick, jump and land, melt and grow.
- Safety: soft landings (bend knees), look where you travel, spin slowly, gentle kicks with space around you.

2 Freeze game *5 min*

- Music on, everyone moves; music stops, call a shape, hold it still for 4 counts: tall, small, wide star, twisted, flamingo, strong, superhero, hands on hips, point, wide and low, side stretch, kneel and reach.

3 The dance recipe (model it) *3 min*

- START freeze (4 counts) → MOVE 1 (8) → MOVE 2 (8) → MOVE 3 (8) → END freeze (4 counts).
- Model with Group 1's cards on the floor: count "5, 6, 7, 8!" and dance it together.

4 Groups make their dance *15 min*

- Groups of 5 in their own space. Give each group its 5 cards and a recipe sheet. Give out jobs (below).
- Choose start and end shape → put the 3 moves in order on the floor → write the names on the sheet → practise 3 times.
- Year 2 challenge: add one change (high and low, a new direction, or take turns).
- Ask: Are you all moving together? Can you make it bigger? Is your freeze really still?

5 Perform and feedback *10 min*

- 3 groups perform while 3 watch, then swap. Each watching group gives one performing group 2 stars and a wish: "I liked it when…", "You were good at…", "Next time, try…".

6 Cool down and review *3 min*

- Slow melt and grow, big stretches, deep breaths. Ask: What made your group's dance good? What would you change next time?

Group	Moves	Freeze shapes
1	Gallop, Star jump, Wave	Tall, Small
2	Tiptoe, Spin, Clap	Wide star, Twisted
3	March, Jump and land, Shake	Flamingo, Strong
4	Skip, Stomp, Reach	Superhero, Hands on hips
5	Side step, Hop, Melt and grow	Point, Wide and low
6	Swim, Robot, Kick	Side stretch, Kneel and reach

Group jobs

Counter: says "5, 6, 7, 8!"

Card keeper: looks after the cards

Checker: are we together?

Leader: starts the dance

Cheerleader: encourages everyone

Look for (assessment): remembers the order · moves in time with the group · holds a still, clear freeze · makes big, clear moves · works together and gives kind feedback. **You need:** laminated cards, 6 recipe sheets and pencils, music with a steady beat, a speaker, cones to mark 6 group spaces.

Gallop

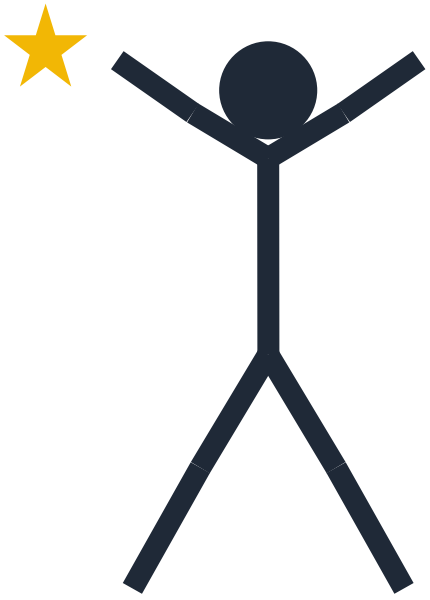
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gallop 8 steps

Star jump

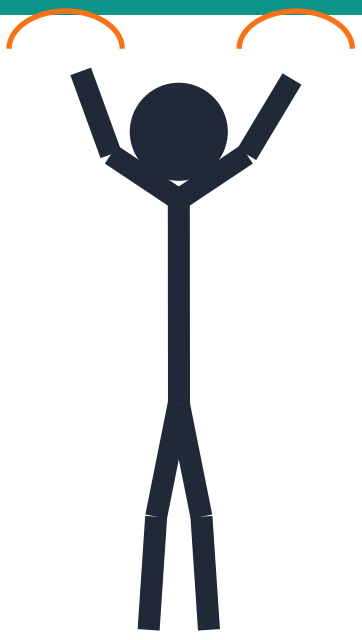
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4 star jumps

Wave

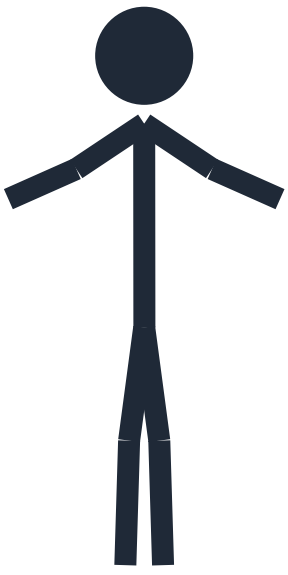
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wave arms high and low

Tiptoe

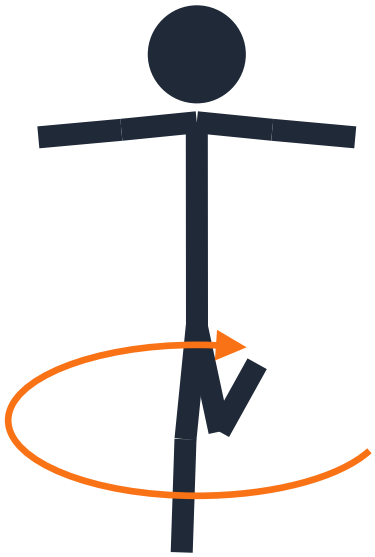
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creep on tiptoes

Spin

2



spin round 2 times

Clap

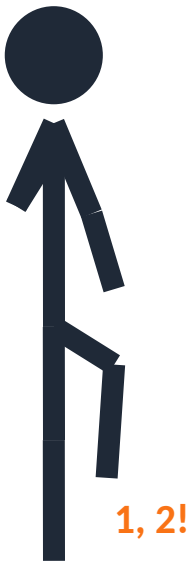
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clap high, clap low

March

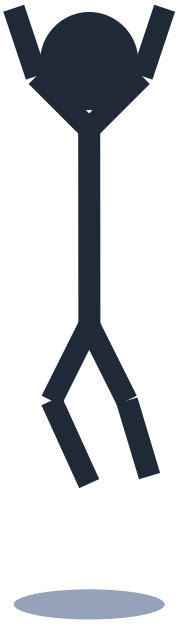
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march with knees up high

Jump and land

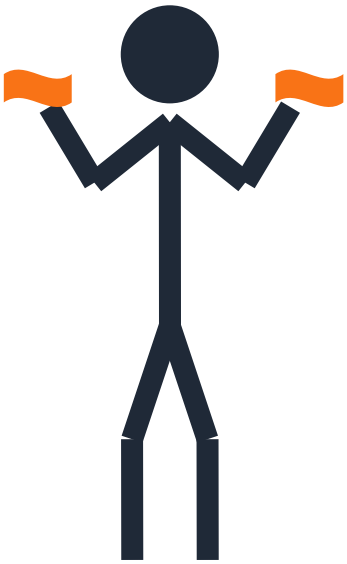
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jump, then land softly

Shake

3



shake your hands, arms, legs

Skip

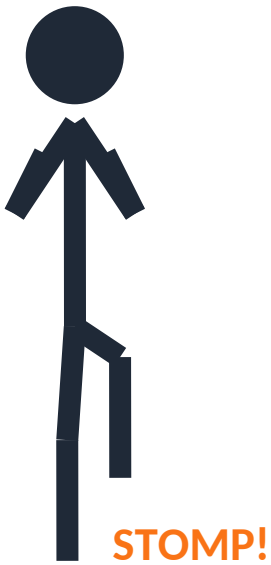
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skip round in a circle

Stomp

4



8 big stomps

Reach

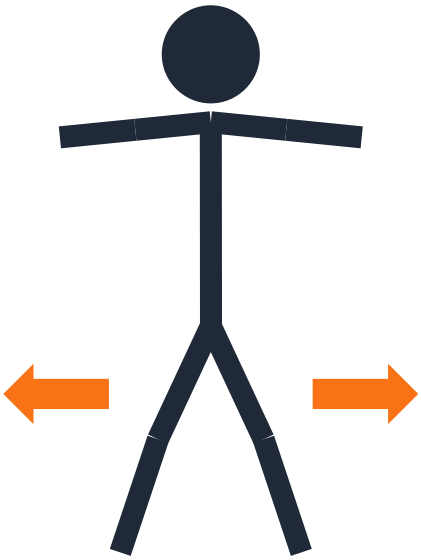
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reach up high, then down low

Side step

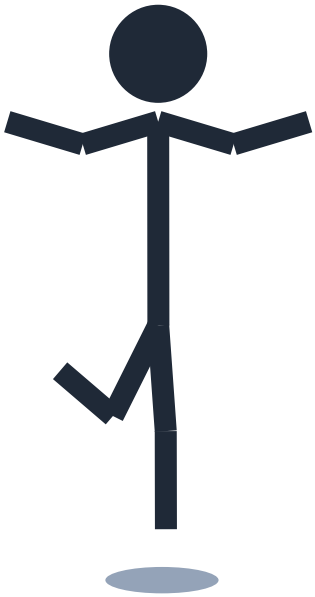
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step to the side and back

Hop

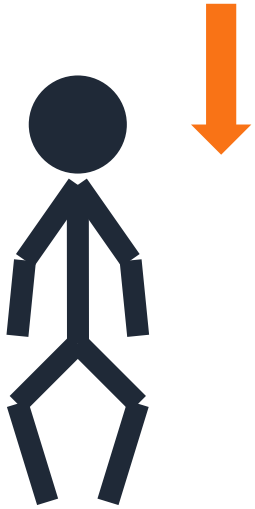
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4 hops on one foot

Melt and grow

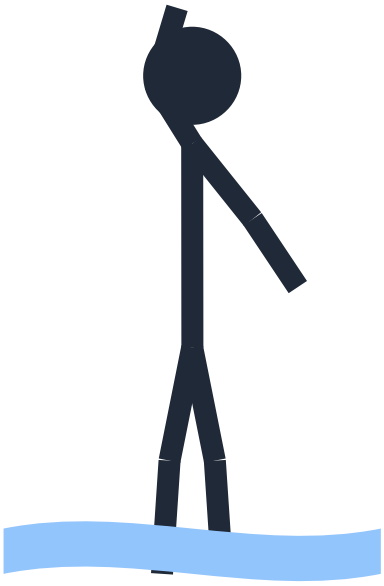
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melt down slowly, grow back up

Swim

6



swimming arms, walk forward

Robot

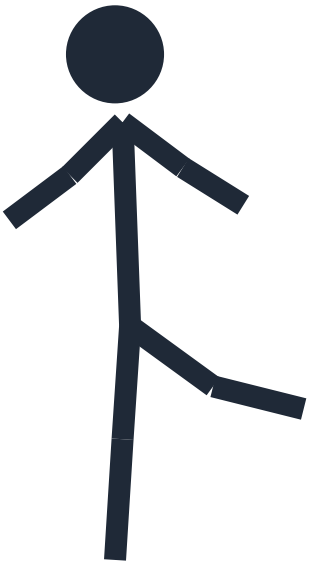
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stiff robot arms and walk

Kick

6



4 gentle kicks forward

FREEZE!

1

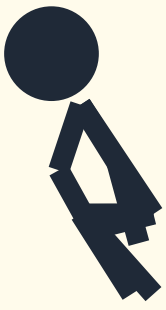


Tall

hold for 4

FREEZE!

1

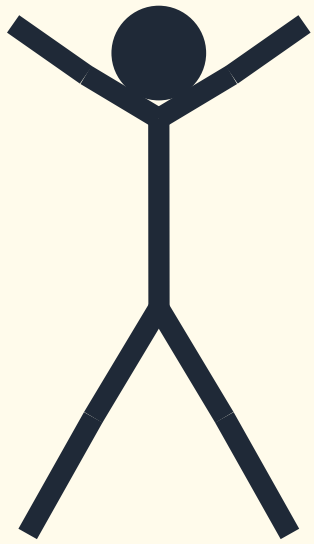


Small

hold for 4

FREEZE!

2

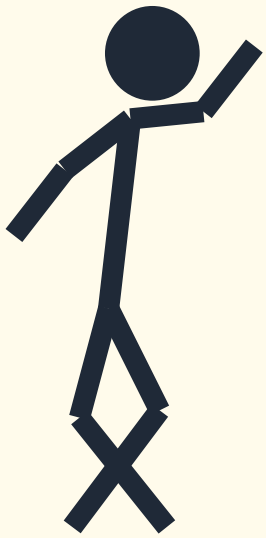


Wide star

hold for 4

FREEZE!

2

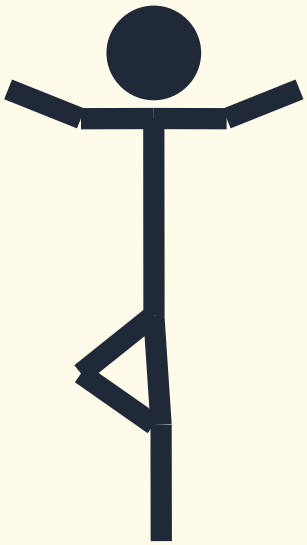


Twisted

hold for 4

FREEZE!

3

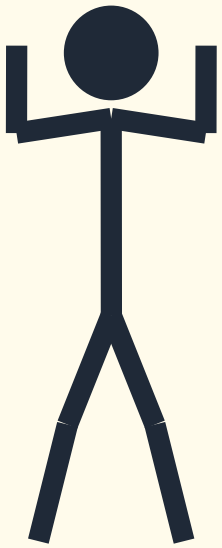


Flamingo

hold for 4

FREEZE!

3

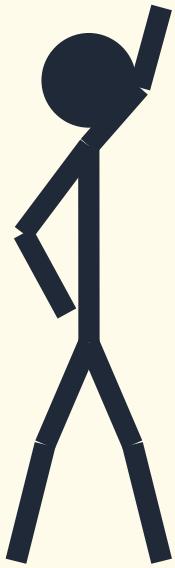


Strong

hold for 4

FREEZE!

4

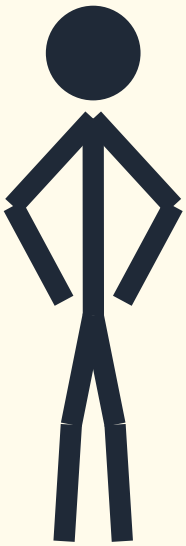


Superhero

hold for 4

FREEZE!

4

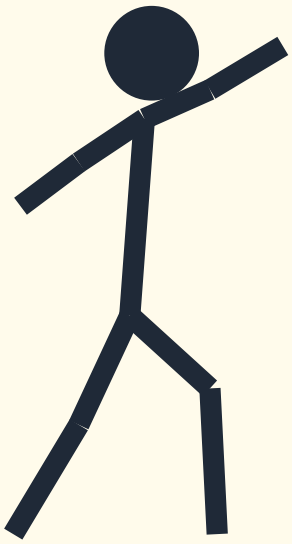


Hands on hips

hold for 4

FREEZE!

5

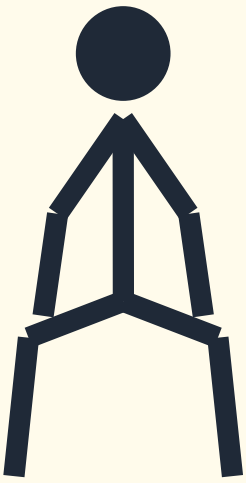


Point

hold for 4

FREEZE!

5

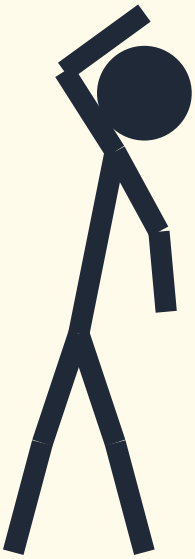


Wide and low

hold for 4

FREEZE!

6

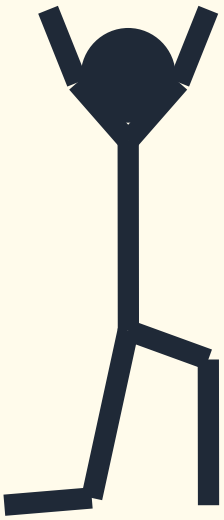


Side stretch

hold for 4

FREEZE!

6



Kneel and reach

hold for 4

Our dance recipe

Group: _____

Put your cards on the floor in this order. Write the name of each card. Then count “5, 6, 7, 8!” and dance!

START
freeze shape

_____
name of the card

hold 4 counts

MOVE 1

_____
name of the card

8 counts

MOVE 2

_____
name of the card

8 counts

MOVE 3

_____
name of the card

8 counts

END
freeze shape

_____
name of the card

hold 4 counts

Our jobs

Counter: _____

Card keeper: _____

Checker: _____

Leader: _____

Cheerleader: _____

Year 2 challenge:

add one change

☐ high and low

☐ a new direction

☐ take turns

Our change is in move: ____