



Prima Dance 1 Sample Exercise

23. Music Medley

Marching Soldier- marches Track 19
Soldier dresses in uniform eg red jacket with shiny silver buttons, black trousers, hat with a coloured feather, black boots
Allow children to choose the colours and offer suggestions

Skipping Sally – skips Track 20
Puts on her special skipping dress and very special pink sparkly skipping shoes
Skipping Sally doesn't run or walk or gallop she only skips

Zoe the Zebra – forward gallops with straight legs Track 21

- Zoe lives in Africa
- She needs long galloping steps to get away from the lions who lie in wait for her!
- Place 4 mats in 4 corners of the studio
- Choose some of the children to mime being the lions
- Lions kneel or sit legs crossed on the mats – 1 or 2 to a mat
- Lions are not to move off the mat but can stretch out arms and hands trying to frighten the zebras as they gallop by !
- Zebras gallop around the mats travelling in a large anticlockwise circle round the studio

The zebras keep right out of the way as they gallop round the studio

Fairy Sparkle – runs on fairy feet using soft, floaty wings Track 22

Birds – runs on balls of feet using big, strong wings Track 23

24. Katy The Caterpillar Track 24
Start: In a line one behind the other – children gently hold on to the shoulders of the person in front – ft tog
Teacher faces the leader holding hands
Katy is guided by the teacher who walks backwards as Katy moves fwd
Discuss the life cycle of a butterfly

Katy

Goes for a walk

Small steps down to the bottom of the garden crawling under the gate into the vegetable patch

Eats leaves

*Kneel on the floor sit on heels pick up leaves to eat with either hand
Discuss what type of leaves caterpillars like to eat*

Starts to grow

Bigger and bigger, wider and wider, slowly stand up with arms outstretched to side wide horizontal position – feet and legs wide apart

Makes a cocoon

Fold in R arm (wing) and L arm (wing) in front of chest – kneel down on R knee and L knee slowly curl into a ball and go to sleep

Becomes a butterfly

Lift head – kneel up – straighten back – slowly unfold one wing fluttering it softly up and down – repeat with other wing (drying the wings) then use both wings together

Flies into the garden for the first time – *Stand up and run anywhere in the studio on butterfly feet (balls of feet) using soft floaty wings*

25. Butterflies flying for first time one at a time Track 25

Start: Upstage – side by side – ft tog

Butterflies called individually by name

Each butterfly when called runs downstage towards teacher on butterfly feet (balls of feet) using butterfly wings

Stops – staying up high on butterfly feet

Balances on butterfly ft showing new wings held up high V shape

Describes colour of the new wings to teacher

26. Action Song: Aeroplanes Track 26

Start: Sit legs crossed – one aeroplane behind the other from DS centre to US centre – aeroplane wings (arms) held strongly at sides in a horizontal line

Discuss what can be seen from an aeroplane eg

Houses, ships on the sea, mountains, people, other aeroplanes, trains, cars, clouds, sun