



**BELLA**

<p><b>Character:</b> Balancing Bella</p> <p><b>Adventure 4:</b> In the Jungle</p> <p><b>Keywords:</b> Movement, dance, music, jungle</p> <p><b>Link to ELG:</b> Enjoys joining in with dancing and ring games. (30-50 months)</p> <p><b>Length of Session:</b> 45 minutes</p> <p><b>Resources Needed:</b> Jungle music (e.g. tracks from jungle book)</p>	<p><b>Lesson Focus/ Learning Objective:</b></p> <p>To enjoy moving to music and join in with movement activities.</p> <p><b>Success Criteria</b></p> <ul style="list-style-type: none"> <li>• To explore different movements to music.</li> <li>• To discuss what they enjoy.</li> </ul>
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### In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Bella. Talk to the children about the lessons they have already been doing with Bella previously - Gymnastics type activities. Describe the learning objective and the success criteria. Describe the adventure setting as the children are getting changed. Allow them to practice core shapes and holding them still with body tension whilst waiting for the rest to change.

### In The Hall – Warm-Up

**Activity: We're in the Jungle now and have met some Elephants. We're going to warm up by joining in their parade and travelling through the jungle.**

Get the children to follow you around the room travelling in different ways. (Play Colonel Haiths march from the Jungle book). Start with slower ways of travelling (walking/ marching) and then progress onto faster ways (skipping, side-stepping, jogging). **Get the children to focus on the quality of their movements and travel – keeping a straight back, clear shape, head up and pointing their fingers and toes. Praise them for these quality movements and ability to copy your movements and stay in time.**



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## Main Adventure

Choose a piece of music that the children and you will enjoy dancing too. (Other Jungle book/ Lion king tracks would work well)

### Activity 1: We're in the Jungle and we can hear the beats of some Jungle music – so let's dance!

Play different tracks of Jungle music and see how the children respond to the music and movements they make. Encourage them to try some ways of travelling to the music that you explored in the warm up. Encourage them to try some of their own movement ideas and see, which movements work well to the music.

### Activity 2: Bella has an idea why don't we all put a little dance together that we can perform later.

Choose some movements that you have done with the children or they have come up with themselves. If they then put the movements to a song they enjoyed and create a little dance. Keep it simple doing movements for 16 beats or more before swapping to another movement and then practice them again, linking them together. Perhaps have a little section where the children can improvise and use their own ideas again if they are confident in doing this. Praise children for good work e.g. **(Child's name) is showing me lovely movement within their dance. They have lovely body tension. Can you tell me what they are doing that makes the dance movement look good? (straight back, head up, pointing their fingers and toes, extending out, keeping very still, moving in time to the music).**

### Activity 3: Bella wants us all to perform our dance to all the Jungle animals. They are all ready and waiting to see what we can do.

We are now going to perform our dance for Bella and all the animals in the jungle. Run through the dance that you have made up with the children. Encourage them to use their best quality movements, keep in time to the music and use their faces to help them express their movements. **If you offer feedback during the dance.**

### Making The Tasks Easier

- Just stick to a few simple movement ideas for pupils to learn.
- Use a TA to support less able pupils.
- Direct the movements more for the children, giving them less opportunity to create their own ideas.

### Making The Tasks Harder

- Challenge children to think of variations of the movements and come up with ideas of their own to dance.
- Incorporate more movements into the dance to remember and perform.

## Feed Forward Notes for Next Session:

### Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan