



Year 2 Dance: Plants

Dig the Garden



Aim

- To create and perform a dance motif inspired by a stimulus.

Success Criteria

- I can create movements inspired by preparing a garden for planting.
- I can work cooperatively with a partner.
- I can perform movements in canon and unison.
- I can remember and repeat actions when creating a motif.



Let's Get Ready

Plants



This dance unit is all about plants.

How many different types of plants
can you name?



Share your ideas
with a partner.

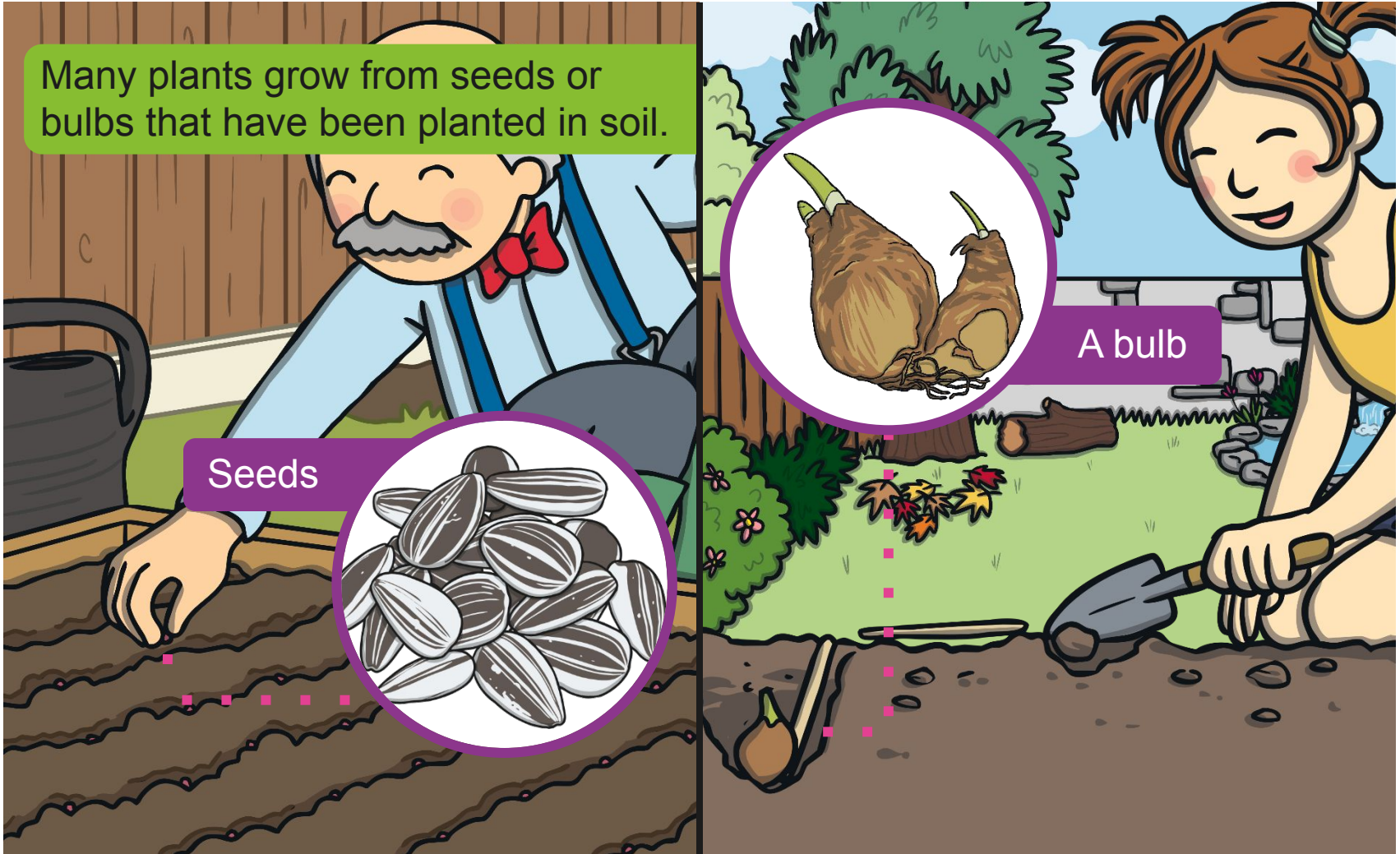
Where Do Plants Come From?

Many plants grow from seeds or bulbs that have been planted in soil.

Seeds



A bulb



Get the Garden Ready



Here
the

What is each piece of
equipment called?

What
are

A spade

A garden fork

Today, our dance lesson
is going to be all about
getting the garden ready
for planting seeds or bulbs.

A rake



Let's Get Moving

Warm-Up: Growing



Before we do any dancing, we need to get our bodies warm.

To call

Your teacher will ask you to grow into a different shape each time, so make sure that you are listening carefully.

When your teacher bangs the tambourine, crouch down on the floor and get ready to grow.

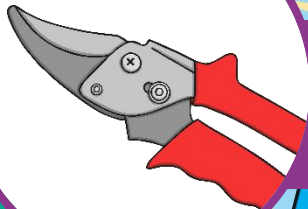


Digging the Garden

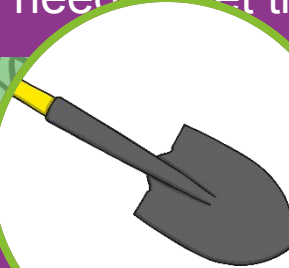


Which piece of equipment would you use for digging the garden?

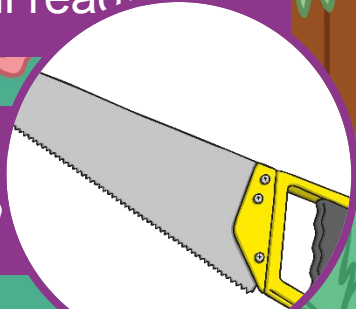
Before the seeds can be planted, we need to get the soil ready.



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Digging the Garden



You would use the garden fork or spade.

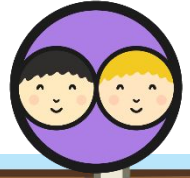
Practise some movements for digging the garden. Remember that you are holding your garden fork or spade.

Think about the position of your feet when you are digging.

Do your movements show that you are turning the soil over to let more air in?



Digging with a Partner



You are going to work with a partner to practise three digging movements in **unison**.

Unison means doing exactly the same action at the same time.

What does unison mean?



It's Hard Work!



Can you change the expression on your face to match your action?

- You might need a drink.
- You might be too hot.
- Your back might be aching.
- You might be tired.

Can you think of any other reasons?

Digging the Garden



Remember:

- You need to be digging in unison.
- You need to hold your freeze-frame really still.

freeze
-frame

freeze
-frame

freeze-frame



Dig with your partner three times.

Dig with your partner three times.

Dig with your partner three times.

Raking the Garden



What is a
canon effect? ?

We will use a rake to get
the soil level and break
up big pieces.

A canon is when
we perform the
same action,
one
after

its for raking

nt direction

We will use a whole
class canon effect for
this part of the dance.

Can you use some long and some short
raking movements? each other. ?

Cool-Down: Get Planting



Now that we have got the garden ready, we can plant our seeds or bulbs.

You are going to travel around the room. Do not go onto any of the garden areas or it might damage the plants.



When your teacher says "Get planting," you are going to find a space in one of the garden areas, make an imaginary hole and do some planting.

Let's Review



Unison and Canon



Can you remember what the word **unison** means?

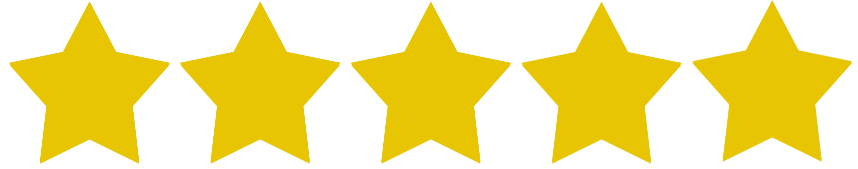
Tell your talking partner.



Can you remember what a **canon effect** is?

Tell your talking partner.

It's Hard Work!



If you are determined, you will keep trying, even if it is hard and takes a while.

How many stars would you give yourself for **determination** today? Why?

Determination is about trying hard and not giving up. It is very important in our PE lessons.

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