

# Get Growing



twinkl

# Aim

- To use different movements and body shapes to represent a plant growing.

# Success Criteria

- I can watch and describe the work of others and use this to improve my performance.
- I can move my body in different ways to show the growth of a plant.
- I can create different shapes with my body to show the parts of a plant.





Let's Get Ready

# Parts of a Plant



Can you name some of the different parts of a plant?

Use these words to help you.

flower

stem

leaves

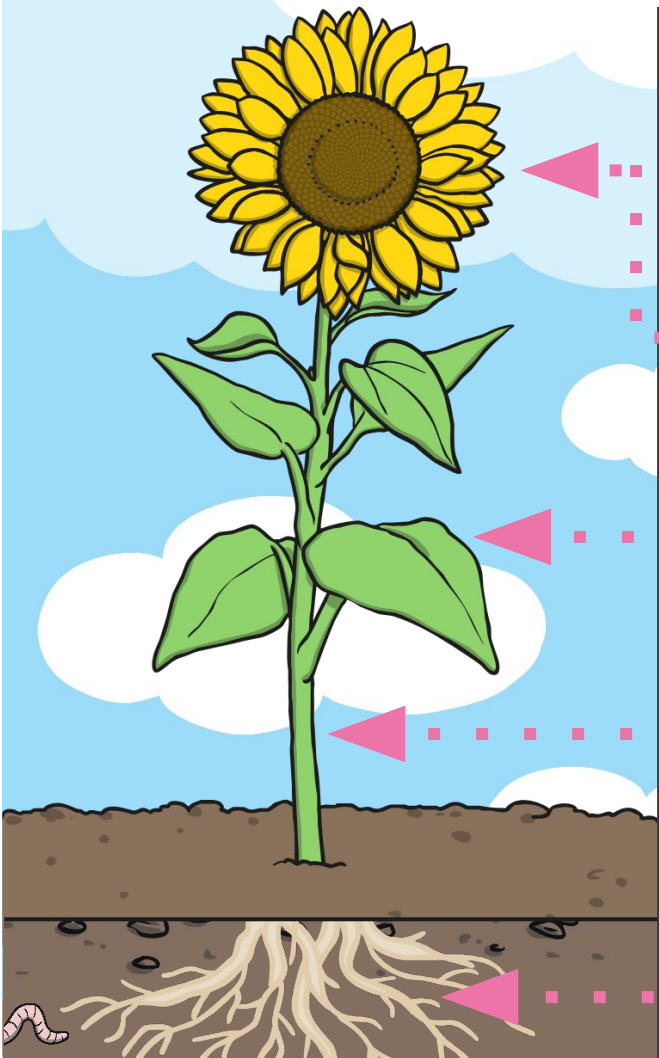
leaves

stem

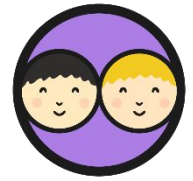
roots

roots

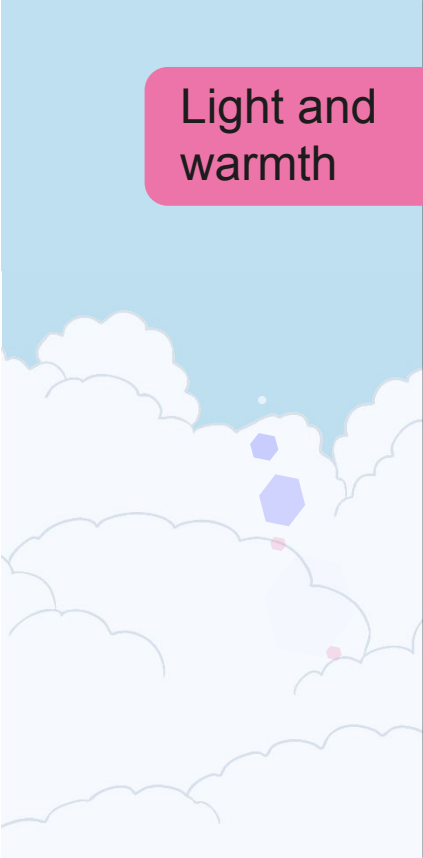
flower



# What Do Plants Need to Grow?



What do you think plants need to grow well?  
Talk to your partner.




Light and  
warmth



Water



Air



Nutrients  
from the soil



# Watch It Grow

Watch this video of a plant starting to grow to see if you were right.



Which part of the plant do you think will grow first? Why?

Today, you are going to be a plant growing.





Let's Get Moving

# Warm-Up: Rain and Sun



To get our bodies warm, we are going to be raindrops and rays of sunshine.

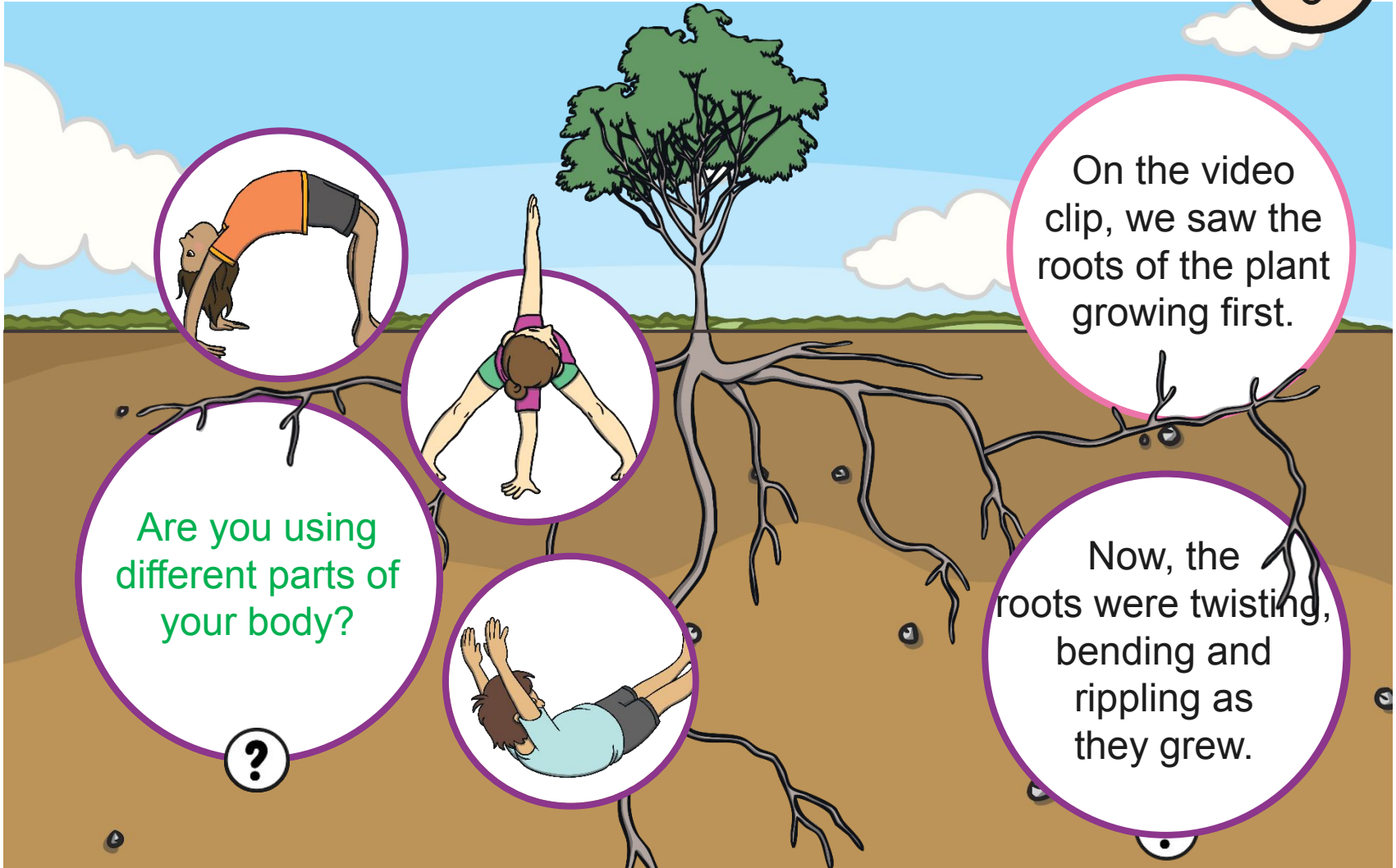
To start off you need to stretch your arms to be the powerful rays of sunshine.

Now you are going to be the rain drop. Sometimes the rain will be light and sometimes it will be heavy! You could do this by jumping up and down.





# Roots



On the video clip, we saw the roots of the plant growing first.

Are you using different parts of your body?

?

Now, the roots were twisting, bending and rippling as they grew.

# Get Growing



Now you  
start as a  
ready to grow

Think about how you are  
going to show the stem of  
the plant growing.

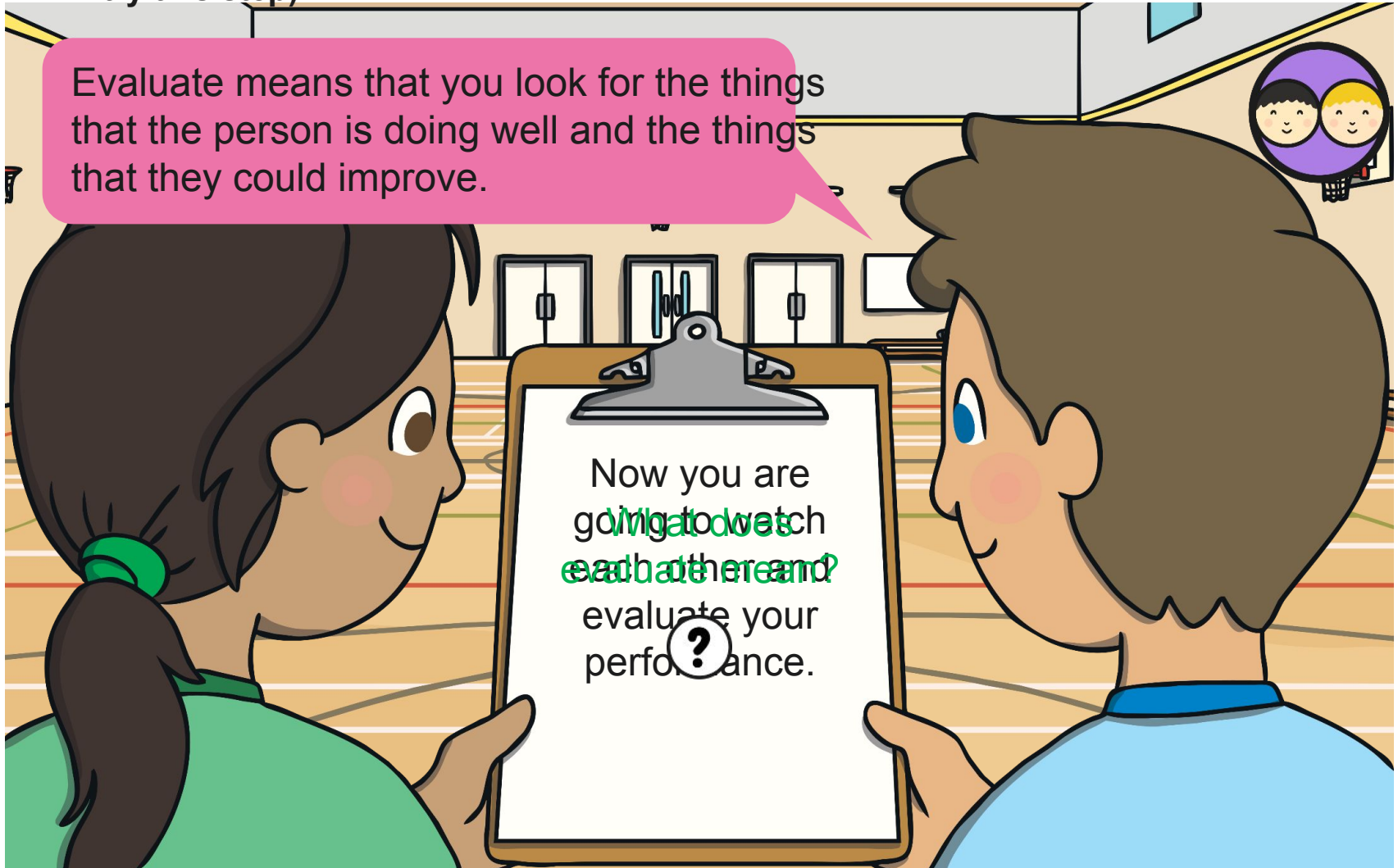
We watched a bean plant  
growing on the video clip  
but you can choose to be  
a flower if you like.

on  
ur  
body in interesting shapes.

# Watch Each Other

(If you are doing this with a parent or sibling try this step)

Evaluate means that you look for the things that the person is doing well and the things that they could improve.



Now you are  
going to watch  
each other and  
evaluate your  
performance.





# Watch Each Other



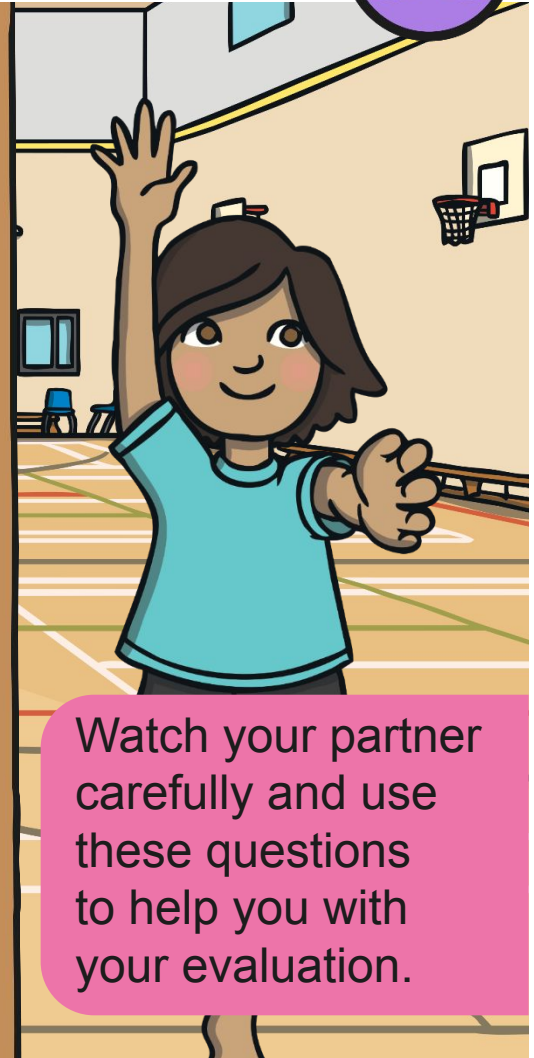
Can you see twisting, bending and rippling movements like the roots of a plant?

Can you see the stem growing?

Have they used their body to show the shape of the leaves?

What is your partner doing well?

What could they improve?



Watch your partner carefully and use these questions to help you with your evaluation.

# Putting the Performance Together



Has your dance improved since watching your partner's performance?



Did you use your partner's feedback to improve your performance?



# Cool-Down: What's the Weather?



In our warm-up today, we were raindrops and rays of sun.

Now, we are going to think about other types of weather.

Can you think of other types of movement you might do for different weather?





# Let's Review

# What Have We Done so Far?



Use these pictures to talk about what we have done in our dance unit so far.

We prepared the garden by digging and raking and planted bulbs and seeds.



We moved like raindrops and rays of sunshine to help the plants grow.



We grew like how a plant grows from a seed.



Next, we will move like the different seeds released from plants.





# Aim



- To use different movements and body shapes to represent a plant growing.

# Success Criteria

- I can watch and describe the work of others and use this to improve my performance.
- I can move my body in different ways to show the growth of a plant.
- I can create different shapes with my body to show the parts of a plant.





twinkl