



dance - drama - music

AUTUMN

This session children will learn rhythm, marking time and spatial awareness. They will have the opportunity to engage as a team, create dialogue and express themselves freely. This type of play also develops children's imaginations which are closely linked to intellectual development. They will explore creative development with the use of props, role play and a wide range of music. There will be opportunities for children to count, talk and imagine. There will also be opportunities to engage in 'Forest School'/Outdoor Activities. Doing this they will gain knowledge of the world, be creative and imaginative, develop their personal and social skills, and of course, moving will encourage healthy physical development.

INTRODUCTION – Warm ups- Use sequencing markers to encourage spatial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers	(hands together in prayer position)
Teddy Bear Teddy Bear turn out the light	(imitate switching off the light, sound a 'click')
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement based activity.

- ✚ House/mouse: Stretch up tall, squat small, repeat 3 times
- ✚ Frog bounces: In squat position- bounce
- ✚ Grow: Slowly raise to standing
- ✚ Bouncy scarecrow: Arms out to side, knee bends in time with the music
- ✚ Runners: Jogging on spot, knees high, the kick behind-try to kick your bottoms
- ✚ Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat
- ✚ Windmill arms : both arms straight moving backwards and then forwards
- ✚ Shrugs : Shoulder lifts, shoulder drops and one at a time
- ✚ Looks : look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side
- ✚ Head rolls: Slowly roll head alternate directions

Music:- Dancing Queen - Abba

ACTIVITY – Autumn

Props: (Leaves, pine cones, access to outdoors and trees)

Ask the children to sit and listen to the sound (howling wind sound effect), ask the children to guess the sound. Explain that the season has changed, it's no longer summer, ask the children what they have noticed. Eg..leaves falling, getting colder, becoming darker, not so many flowers, very windy.

Find a space and let's become trees. Legs, hip width apart, arms extended, fingers wiggling as the leaves wave in the breeze. **Remember your legs are the trunk, so they cannot move.** Prior to playing the music, use a tambourine as the wind...create a gentle sound, the children will make small movements; fingers, slightly swaying. As the tambourine sounds increases, increase the movements, making them stronger, include, heads and hips. The strong wind dies down and the movements become gradual again. Listen to the music and repeat the exercise. When the music mounts and falls, become the leaves, falling from the trees, being tossed around the woodland, twisting, leaping, diving, jumping, falling, twirling etc.

Music :Swan Lake Scene from Act II,

PARACHUTE AND LEAVES

Lay the parachute on the ground and ask the children to carefully walk around the edge and find a handle, **NO CHILD MUST WALK ON THE PARACHUTE AS IT IS EXTREMELY SLIPPERY.** Explain children will not be going underneath at this point. Place all of the leaves on top of the parachute, and on the word 'Wind' the children will shake the parachute and make the leaves float around, once all the leaves are off, the children can collect them, and the exercise can be repeated.

PARACHUTE

Using the music, ask a small group of children to lay underneath the parachute, on their backs, and keep very still. The remaining group and adults will slowly waft the parachute up and down, very slowly, ensuring the parachute does not touch the children underneath.

Music: Autumn Leaves – Eva Cassidy

AND MORE:

Using 5 bean bags, sing the song , encourage the removal of the frogs at the correct time in the song.

Five little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there were four speckled frogs.
Glug Glug!

Four little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there were three speckled frogs.
Glug Glug!

Three little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there were two speckled frogs.
Glug Glug!

Two little speckled frogs,
Sat on a speckled log,

Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there was one speckled frog.
Glug Glug!

One little speckled frog,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
He jumped into the pool,
Where it was nice and cool,
Then there were no speckled frogs.
Glug Glug!

ACTION SONGS – Reinforce the topic with actions and props (coloured leaves)

Autumn-time is coming (sung to the tune of Frere Jacques)

Red leaves falling
Red leaves falling
On the ground
On the ground
Autumn-time is coming
Autumn-time is coming
All around
All around

Orange leaves falling
Orange leaves falling
On the ground
On the ground
Autumn-time is coming
Autumn-time is coming

All around
All around

Brown leaves scattered
Brown leaves scattered
On the ground
On the ground
Autumn-time is coming
Autumn-time is coming
All around
All around

To the Wheels on the bus melody:

The leaves on the tree turn orange and brown,
orange and brown, orange and brown.

The leaves on the trees turn orange and brown,

All through the town.

The leaves on the trees come swirling down,
swirling down, swirling down.

The leaves on the trees come swirling down.

All through the town.

The leaves on the ground go swish, swish, swish,
Swish, swish, swish.

The leaves on the ground go swish, swish, swish,

All through the town.

5 LITTLE LEAVES

5 Little leaves so bright and gay

Were dancing around on a tree one day

The wind came howling through the town

oooooooooooooooo

And 1 little leaf came tumbling down

Etc Etc

Hold fingers up and dance with them, howling with hands to mouth
Take it turns to be the leaf, hold it high and drop it.

AND MORE:

Collect Sticks from the woods or school field and ask the children to find some a similar length. Use the sticks as wooden claves.

Sing The Grand Old Duke of York moving sticks up and down with the song.

AND MORE:

Collect Sticks from the woods or school field and a selection of leaves, as the children to push the leaves onto the sticks and count them.

