

YEAR 2 - UNIT 4 JUMPING JOAN



LESSON 3

Starting Activity

(i) Travel around hall in time to beat played on tambourine, listening out for changes in rhythm from walking to running to skipping.



(ii) *(Play slower striding rhythm and ask pupils what sort of movement could accompany it.)* Stride round the hall with giant-like steps in time to rhythm played on tambourine.

(iii) Alternate between walking, running, skipping and striding, listening for changes in rhythm.



(iv) STOP! *(Stop and freeze to loud bang)*
SHAKE IT ALL OUT! *(Shake all parts of the body)*

(v) (call out in succession...)

TALL AS A POLE	(stretch up high)
SMALL AS A BALL	(curl up small)
WIDE AS A SMILE	(stretch arms and legs out to sides)
THIN AS A PIN	(make yourself thin)



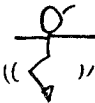
Exploration and Development

(i) Everyone clap in time to the music. - **Track 13**

(ii) As a class, choose three actions starting with clapping and change to next action after each 8-bar phrase. - **Track 13**



(iii) Standing in a space, this time clap and jump on every fourth beat of the music – **Track 13**



(iv) Now jump-twist from side to side on every first and third count *(i.e. jumping on the spot but twisting the hips)* -

(v) Find a partner, hold both hands and try jumping and twisting from side to side together *(i.e. both twisting to their own right then left while holding hands.)*

Making a Dance - Jumping Joan - Track 14

A1 In a space, face a partner and walk forwards and back for 4 beats passing right shoulders, jumping and clapping on the fourth beat. Repeat passing left shoulders.

B2 Face partner and jump-twist turning to the right, left, right and left followed by a swing.



C1 Join hands with your partner *(if hands are crossed they can go straight into a crossed-hand swing)* and jump-twist turning right, left, right and left and then swing.

Teacher's Notes

Try this in longways set formation i.e. line of boys facing a line of girls, standing opposite a partner. Alternatively try it in circle formation *(i.e. two concentric circles, boys with their backs to the middle.)*

Concluding Activity

Watch each others' dances – comment on how well the formations are retained throughout the dance.