

Physical Education Task – 19.6.20

Good morning Class 3!

How are you feeling today? I hope you are all well.



Today we are going to get active and exercise our bodies through Dance.



Today we will focus on 'Dance'.

Today we will listen to a piece of music and show our reflections of the music through some dance movements.

We will focus on: *Performing balances and creating sequences.*

First of all lets WARM UP!

Put on some comfortable clothes and find a clear space to use.

Start by completing Joe Wicks 5 minute workout to warm up your bodies: https://www.youtube.com/watch?v=N7CX0_7sLTA

Now we have warmed up our bodies, we are ready to begin.

1. Listen to the song – The Eagle and the Fish [HERE](#)

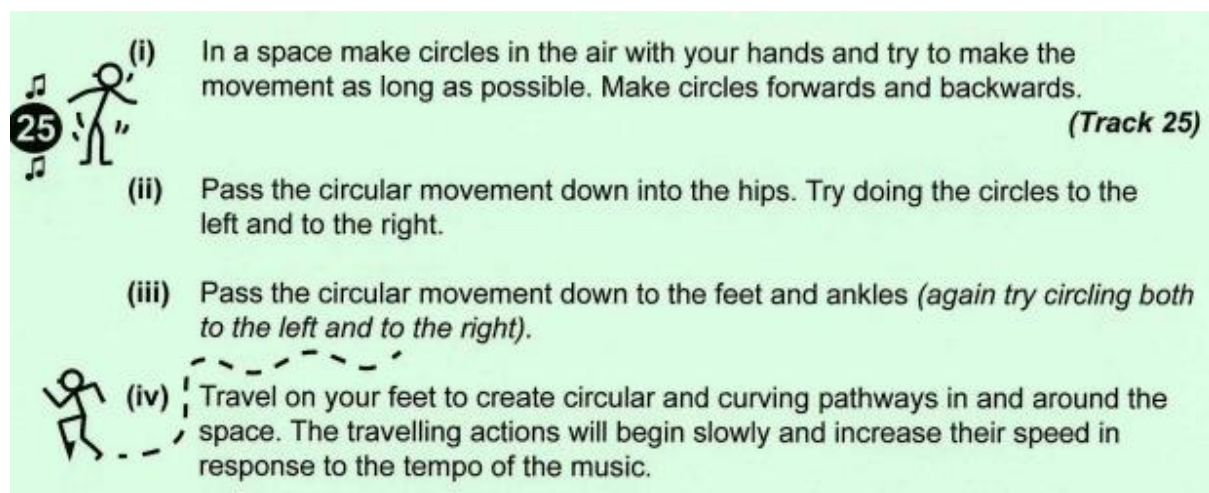
The song is about a meeting between the eagle who is king of the skies and a beautiful fish who is queen of the seas.

The music captures the character of the eagle – majestic, courageous and strong and the fish – beautiful, spiritual and strong.

Now you have listened to the song it is time to begin to explore some movements.

2. Starting activity

Follow the instructions below carefully. You can play the music in the background whilst doing this.



(i) In a space make circles in the air with your hands and try to make the movement as long as possible. Make circles forwards and backwards. (Track 25)

(ii) Pass the circular movement down into the hips. Try doing the circles to the left and to the right.

(iii) Pass the circular movement down to the feet and ankles (*again try circling both to the left and to the right*).

(iv) Travel on your feet to create circular and curving pathways in and around the space. The travelling actions will begin slowly and increase their speed in response to the tempo of the music.

3. Exploring movements of an eagle

Look at the words below. Have a think what each word could look like in a movement. Now try to create a movement for each word.

-glide

-spiral

-soar

-tilt

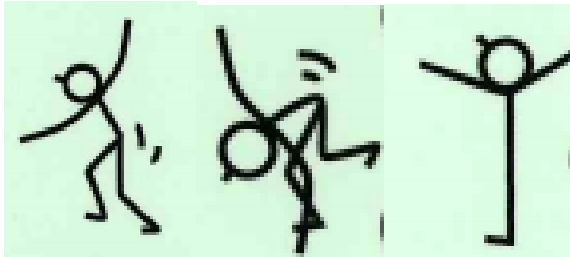
-hover

-dive

Now choose three of these movements and join these together in a sequence.

4. Making a dance

Listen to the music. Explore putting your chosen movements together with the music. Can you move like an eagle? Use the music to inspire your movements.



You might like to perform your dance to a family member with the music! Post on the blog what movements you used, you may like to send a photo of you performing your dance too!

Good luck!

I do understand that we don't have as much space at home as we do in our school hall. Have a go with what space you have!