



Move up a level

PSSI Homepage

Creative Dance

The lesson plans are an attempt to provide a starting point for the non-specialist dance teacher. These lesson plans highlight the need to give children an experience which helps them to learn about dance (concepts such as body shapes, body actions, levels, directions, mirror movement, rhythm, dynamics, etc.) and to learn through dance (the animal dance, body spelling, trace your name, the Noah's Ark dance, the story of colour dance). The ideas presented are guidelines only and should be utilised and amended according to the needs of both the teacher and the children. They may also serve as springboards for further dance ideas for both the teacher and the children.

Tips for Creative Dance

- The programme is progressive, i.e. introducing the basic dance concepts at infant level and building upon these throughout the following years. Children from the senior classes of primary school who have no previous experience of creative dance, would first have to experience the concepts outlined in the infant programme with certain adjustments to the material suggested.
- The programme of dance suggested highlights the need for the children to be given a dance experience that enables them to be creators, performers and audiences of dance.
- If it is your first time teaching creative dance, plan to teach a small number of lessons. Pay particular attention to what you want to achieve (objectives of suggested lessons). Select the music carefully and have it ready before you begin. (Avoid searching for tracks during a lesson.)

