

## CMP – Lesson Seven

Date: Sat Nov. 20

Age: 5-7

Movement Concepts:

Relationship with a partner (match, mirror)

Lesson Objectives:

The children will be able to

- Lead movements with different body parts
- Match and mirror with a partner and in small groups
- Use small implements while matching and mirroring

Movement Area: Dance

Introduction

OT: Find your own space

BT: travel in the space using a specific body part to lead the movement (for example, knee, foot, hand, baby finger, shoulder, head, tummy, back). When you hear the drum change so a different body part is leading the movement

RT: make sure that I could tell which body part is leading, make it very clear

Movement Development

Mirroring

Music: My heart will go on (Celine Dion)

BT: copy my movements

RT: pay attention to how we are doing movements on opposite sides of our bodies

OT: if you have a green star I want you to find a person with a yellow star, and if you have a red star I want you to find a person with a blue star. That person will be your partner

BT: Green and red will lead the movements and yellow and blue will mirror those movements

RT: make sure green/red person does movements that yellow/blue can see, otherwise they won't be able to mirror, make the movements slow

BT: Switch leaders, partner yellow/blue lead

RT: remember to use different body parts to lead the movements, try different levels

OT: select either ropes or balls, both partners have to have the same implement

BT: green/red will lead again, yellow/blue will mirror movements

RT: use the implement in many different ways, i.e. bounce, roll down body, go around body with the ball, or twirl, skip, pull, throw rope

OT: do again switching leaders and implements

Matching

Music: My heart will go on (Dance Mix)

BT: copy my movements

RT: pay attention to how we are doing movements on the same side of our bodies

Teaching: first have them practice without music

OT: have two pairs make groups of four, make sure there is one green, yellow, red & blue star in your group. Make the formation like I have shown here on the mirror (diamond shape) with the coloured stars in the correct spots.

BT: Person blue is going to lead and yellow, red, & green are going to follow the movements. I.e. If blue does a kick with left leg the rest of the group does a kick with their left leg

RT: the side of the body the leader uses must be matched exactly, remember to use different body parts to lead the action

BT: switch leaders by the leader facing a different direction

RT: you can change when you feel like changing

Teaching: if this doesn't seem to work with them changing direction on their own, then I will signal for when they are to change leaders

### Culmination

#### Matching and Mirroring

OT: remain in your groups of 4 and decide what you would like to use to develop a sequence doing matching and mirroring (balls, or ropes). You could have two balls and two ropes, or four ball, or four ropes,

BT: create a sequence in your groups of four, you must have matching and mirroring in the sequence

RT: remember mirroring is moving the opposite side of the body and matching is the same side