

Rambert  
**grades**

**Creative Dance  
for Early Years  
Example Class**

# Creative Dance for Early Years

## Example Class

The **Creative Dance for Early Years cards** will be an integral part of your class plans. Here is one example class using the cards to integrate the theme of Space.

### Class Opening

Using **The opening card (01)**, this is a moment for the class to acknowledge one another.

As class commences you will encourage your class to introduce themselves and perhaps ask them

- To name one thing they might see in space  
or
- What name might they give their spaceship?

### Warm Up

Using the **warm up card (02)**, this is a moment to prepare the body, move and wake up the senses.

Using your **Warm-up Games card (08)**, you can engage your class into play using their body. We are using the Traffic Lights game here as an example.

Encourage your class to:

- Move around in SPACE, notice each other and the distance between one another.
- Travel through gaps, imagining they are shooting stars passing each other.
- Fill the space, recognise the vastness of SPACE. Can they try and not leave any holes?

**Red** - Stop

**Amber** - Walk

**Green** - Go (movement action)

Game rules may be reversed, focussing on attention and playfulness:

**Red** - Go

**Green** - Stop

**Amber** - Slow motion or no gravity walk

## Together

Using the **Together card (03)**, this is a moment to come together in a circle to calm the energy and begin to develop specific movement skills.

Here are some ideas of how you can develop these movements together with your class:

- Imagine we are putting on our astronaut suits, focus on isolation of limbs and movement. You should take suggestions from the class for items of clothing we might need to put on.
- Make sure we can move in our suits, using smaller movements wriggling fingers, circling joints, flexing and pointing, peeling heels off the floor, bending and stretching joints such as the knee.
- You might build a short sequence based on these explorations with the class following and making decisions.

## Journey

Using the **Journey card (04)**, this is a moment to begin exploring skills and the theme through travel. The class should be encouraged to travel and think about how they can use the room.

Here are some suggestions of actions within the theme that could achieve this:

- Turning the engine on - playing with shaking & building up energy.
- Blasting off - Shooting limbs, explosive movements to mimic 'take off'.
- Landing and exploring the landscape - hopping on moon rocks, exploring the concept of no gravity in SPACE, stretchy floating limbs, reaching for stars, making big shapes, moving lower to ground to pick up moon rocks.
- Encourage the class to explore physicality through different space levels.

## Imagination

Using the **Imagination card (05)**, this is a moment to delve deeper into the theme with freedom of movement.

- Working in pairs or groups of three, create a journey to SPACE together - each group can pull on elements they have already explored in class to form a journey:  
Preparation before taking off, moving into the spaceship, taking off, what happens in space?
- While creating the journey, each member of the group could be responsible for a section encouraging leadership, cooperation and teamwork.
- Sharing journeys with the class could be group by group or encourage small sharings if there is a large class.

## Closing

Using the **Closing card (06)**, it is time to connect, reflect and close the class.

Here are some suggestions of movements to cool down the body and areas to prompt reflection:

- Coming back to earth.
  - Reaching up, reaching for our parachutes.
  - One roll down all the way to lying, floating back to earth, lying down, focusing on breath.
  - What did they see when they were watching?
  - What was exciting about their journey today?
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