

Lesson Objectives:

General: movement skills in harmony with rhythm and music

Functional (in detail). Child:

- development of hand-foot coordination.
- coordination of movements
- matching movement to rhythm

Methods: verbal explanation of tasks, imitation of individual movements, demonstration, practical exercises

Method of performance: group

Teaching aids: world map, sound system to play music, learned dance moves for each song that the children will learn and then repeat/dance together.

Duration: 30 minutes



Lesson flow:

Introducing the world map and introducing the dance journey around the world - one continent one dance

Warm-up

Children will warm up by demonstrating the different means of transport they can use to travel around the world.

Main exercise

Children show where they are on a map. Each time they choose a means of transport to get to the next continent they will demonstrate.

Music and a simple dance for about 2 min awaits the children at each one. The children try out some dance moves together and then imitate the dance.

Africa - https://www.youtube.com/watch?v=eBoyh1BEF_o

America - https://www.youtube.com/watch?v=NkO_YFasvFk

Hawaii - https://www.youtube.com/watch?v=NkO_YFasvFk

China - <https://www.youtube.com/watch?v=9iWFesh0-Xw>

Australia - <https://www.youtube.com/watch?v=wn1LnTcGXDU>

Return to Europe - Macarena: <https://www.youtube.com/watch?v=6LIkX0U6f5k> or <https://www.youtube.com/watch?v=bZdg7A3HTgo>, or the possibility to join a typical national dance.

Conclusion - stretching exercises after returning home after a long journey around the world