GetActive@Home

Episode 3 - Dancing

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- Start an omelette - March on the spot, hands in then out (add the eggs).
  - Step from one foot to the other, wave hands in the air (add the cheese).
  - Heel tap alternate feet, turn around (add the tomatoes).
  - Step to the side, scoop hands out and around (gather the spinach).
- Prepare the omelette, add the following movements:
  - Hands in/out then around (whisk the eggs).
  - Hands up high then move back and forth (grate the cheese).
  - Double clap of the hands (dice the tomatoes).
  - Add a bounce to the step when 'gathering the spinach'.

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- Make the omelette - Change the speed by calling: 'sleep in Sunday' (slow, 'all day breakfast' (medium), 'on the go' (fast).
- Create a new move such as: punch your hands in and out (add the chilli), step forward and twist a leg inwards (smash the avocado.

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With a partner try:

- making different movement combinations
- add a piece of sports equipment to the movement sequence
- go slower or faster make it easier or harder.



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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

In what order do I perform each movement?

What are the teaching cues for each movement?

How does the music influence how I move?

Teaching cues

Whisk the eggs.
Grate the cheese.
Chop the tomatoes.
Gather the spinach.

Equipment

A variety of music across a range of tempos.

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Stage 1

Challenges

- Start an omelette - March on the spot, hands in then out (add the eggs).
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Mega Challenges

- Make the omelette - Change the speed by calling: 'sleep in Sunday' (slow, 'all day breakfast' (medium), 'on the go' (fast).
- Create a new move such as: punch your hands in and out (add the chilli), step forward and twist a leg inwards (smash the avocado.

Other variations

With a partner try:

- making different movement combinations
- add a piece of sports equipment to the movement sequence
- go slower or faster make it easier or harder.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

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