



Spar Lancashire School Games

Create!

Minibeasts Dance in the Garden

Aim: To make a dance sequence with a travel, turn, jump and moment of stillness

Video Demonstration

Task 1 - Discuss the different types of minibeasts you might find in a garden

Could you go on a minibeast hunt?

- Look in the garden
- Go for a walk and look in a park or woodland
- Research online

Task 2 - Can you make a sequence of moves that show 4 different minibeasts?

Section 1 - Travelling Minibeasts

- Can you travel around the space like a variety of minibeasts
- Could you be a; spider, snail, millipede, ant, fly, ladybird, butterfly, woodlouse, slug, bee, worm, caterpillar or dragonfly
- Think about the different levels these minibeasts would use
- Think about the speed the different minibeasts would travel

Section 2 - Jumping Minibeasts

- Now imagine you are a minibeast on a leaf how would you jump to another leaf?
- Could you jump and fly?
- Would you spring and land?
- What shape would you make in the air?
- Would you jump off 1 foot or 2 feet?
- How would the minibeast land?



Section 3 - In the Garden

- Can you pretend to be hiding under a rock or on a leaf?
- What shape would your minibeast be?
- Could you move to another rock or leaf and hide again?
- Could you explore a flower?
- How would you settle on the flower?

Remember to keep safe when exploring this move

Section 4 - Turning and Stillness

- How would your minibeast turn around?
- Would it be a fast or slow turn?
- Would it be high up or low to the ground?
- What body part would you turn on? Foot, bottom, tummy, side, knees, hands and feet?

Task 3 - Minibeast Dance

Choose your 2 favourite minibeasts, try to choose two contrasting creatures e.g. butterfly and snail.

Can you make up a sequence that shows your two minibeasts in the garden

- Start hiding under a rock or leaf as minibeast number 1. Then Travel, Turn, Jump and finish by holding a Stillness in the shape of minibeast number 1.
- Repeat with minibeast number 2 - hide, travel, turn, jump and freeze.
- Can you link the 2 sequences together? Think about timing - how long could you be still for at the start of the sequence? how many counts could you travel for 2, 4 or 8?

Think about how you will show what you are doing with your body and facial expressions.

Can you find some music to go with your dance?

Repeat this several times until you can remember the order.

Could you dress in the colours of your minibeast?

Could you make a headdress or mask?

Perform it to someone in your house.

Example sequence showing the focused move in that section -

Starting Position	Travel	Turn	Jump	Stillness
As a butterfly hide on a leaf, wings together at the back	Fly in a curved pathway for 8 counts	Turn on tiptoes for 4 counts with floaty wings	Jump and fly	Crouch down low and out wings together at the back
As a snail curl up in your shell	Slither along the ground keeping low for 8 counts	Retract into your shell, curl up on your back, hugging your knees and spin around for 2 counts	Jump out into a plank position making yourself long and thin	Curl up back into your shell on your side.

Points to help improve

- Can you change direction in your dance?
- Can you use facial expressions?
- Can you make your moves soft and gentle or big and strong?