

RECEPTION DANCE



MAVIS THE MAGICAL CAT

These dance activities are based on the English home learning for Reception

You will need to read the story before trying the dance activities

MAKE SURE YOUR BODIES ARE WARM. TRY DOING SOME JUMPS, SKIPS OR RUNS ON THE SPOT.

1. Mavis the cat lives on a farm with Marigold the farmer. They plant flowers and vegetables and look after the other animals.

Dance: Can you explore movements based on farming? You can try digging actions, dropping seeds from up high, medium and low to the ground. Watering the plants with a big heavy watering can. You could also pretend to be the water falling from the can stretching up high and bending down to the ground. Can you think of any actions for Sandy the dog and Beryl the chicken? Dogs like to run, jump and roll. Chickens flap their wings, peck the ground and move their heads from side to side. *Miss Butterworth used to keep chickens at her allotment. They are very friendly, her little girl used to stroke them.*

2. "One Winters evening when the moon was big and round"

Dance: Explore drawing big circles with your body. Start with your hands then perhaps try other body parts.

Head	Elbows	Shoulders	Hips	Knees
Toes		Fingers	Nose	Feet

3. Marigold and Mavis zoomed on Marigold's broomstick down the stairs and through the farmhouse door.

Dance: Try zooming on your tip tops. Are you able to stop and balance? Try zooming for 8 counts and balancing/freezing for 8 counts. You can change the way you balance/freeze each time.



4. The turnips were not very plump so Mavis used her magic “ZIP, BAM, BOO”

Dance: Create an action for each of the magic words ZIP, BAM and BOO. They will need to be big actions to make the magic work. Try shouting the word as you do your actions.



5. The turnips grew big and plump

Dance: Curl up into a small ball and slowly grow into a big fat turnip. Turnips are round so you could also think about a balloon being blown up. How big can you make your turnip shape?



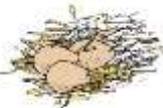
6. Mavis makes the flowers colourful

Dance: The flowers probably looked quite sad with no colour. How can you move to show the sad flowers? You might move very slowly with your head down. ZIP, BAM, BOO! Repeat your magic actions. The flowers are filled with colour and are very happy. How can you show a happy colourful flower? You may have more energy and may jump or skip with your head up.



7. Mavis ripens the corn

Dance: Start with your arms stuck to your sides. The corn is not ripe yet. ZIP, BAM, BOO! Repeat your magic actions. Now the corn is bright and golden. Stretch your arms as high as you can and try to balance on one leg and then the other transferring your weight from side to side.



8. Mavis used her magic to make eggs appear

Dance: Curl into a ball on your back and hug your knees. Try to do an egg roll to one side and then back again. How many other ways can you roll?

Can you do a pencil roll? Here's a video <https://www.youtube.com/watch?v=S8INKwWW8J4>

Can you do a teddy bear roll? Here's a video https://www.youtube.com/watch?v=rruAv_HdE70

Here are some young gymnasts demonstrating rolls

<https://www.youtube.com/watch?v=TSsCIEs17D8>