

Unit 1 – Lesson 1: Steady, rhythmic actions

Objective:

Students move in a steady rhythm to the following actions: walking, marching, jumping, reaching, stretching, twisting, swiveling

Organiser:

Presenting

Useful vocab:

Dreaming, motif

You will need:

CD 1

WARM-UP

Students create actions to represent the following:
Sun, kangaroo, emu, and brolga

CD 1: TRACK 01

In the Dreaming

by Barbara Snook

This is the man who lived on the earth
*Standing in a circle facing inward,
march on the spot*



In the Dreaming, in the Dreaming

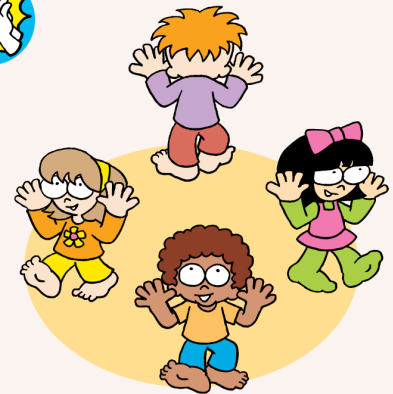
Walk into the centre of the circle and bring arms up above head

Everybody clap



This is the sun that warmed the earth

*Turn and walk back to place while moving arms
to resemble the sun*

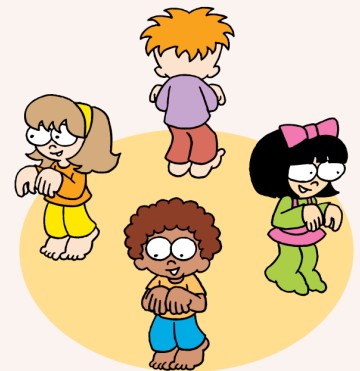


In the Dreaming, in the Dreaming

Walk into the centre of the circle and bring arms up above head

This is the kangaroo who hopped on the earth

Kangaroo-jump back to place



In the Dreaming, in the Dreaming

Walk into the centre of the circle and bring arms up above head