

Feather Dance

Ask the children to pretend to throw a pillowcase full of feathers up into the air.

Now there are feathers float around the room above them.

We can't see them but we can feel them.

When a feather lands on a part of our body they tickle that part and we need to move it to stop it tickling.

Show them how you move a part of your body when a feather lands on it.

Get children to join you and calling out body parts.

Explore different ways that the body parts can move.

Eventually challenge them to refine their movements by challenging them to keep their whole body still while only moving the selected body part.

Next ask them to move two body parts at the same time.

Play gentle music and ask the children to move parts of their body to music, pretending that transparent feathers are landing on them.

Once all the transparent feathers have fallen to the ground ask them to pretend they have brooms in their hands.

Sweep the transparent feathers away in time to the music.

Progressions

This can be repeated with faster music.

Children can move around the space to the music and move a body part when you call it out whilst still moving around the space.