

Curriculum area	Topic	Year	Session Number	Skill
Dance	Dance	3/4	#4	Jungle Climb

### Equipment

- Mats
- Benches
- Vaults
- Music player for jungle themed music (optional)

### Learning Objective

- To explore climbing, stretching, and reaching movements, showing control, balance, and creativity.

### Success Criteria

- I can explore movements that simulate climbing trees, vines, and rocks.
- I am able to link movements smoothly into short sequences individually and in small groups.
- I can develop control, strength, and body awareness.

### Key words

- Levels
- Control
- Sequence

### Preparation Ideas/Warm Up

#### Jungle Stretch

We are going to prepare the body for climbing movements and improve flexibility. Start with gentle full-body stretches:

- >Reach up tall like tree branches.
- >Stretch sideways like vines.
- >Bend low like jungle plants.

We can then incorporate travelling, by stepping lightly across the floor, crawl under “vines,” tiptoe on “rocks,” reach up to “grasp branches.”

Progression:

- >Add controlled turns while reaching up or bending low.
- >Travel in different directions while maintaining balance.
- >Combine stretch with previous animal-inspired movements.

### Skill Development

#### Climbing & Reaching

Set up “climbing zones” (or use imaginary trees/vines if space is limited), around the playing area. We

can use vaults, mats, spots and benches to do this. We are now going to practice:

- >Low level: crawling under branches, stepping over roots.
- >Medium level: stepping on “rocks,” lunging to grab imaginary vines.
- >High level: stretching arms upwards, small jumps to reach “leaves.”

We can then incorporate animal-inspired movements from previous lessons to this.

Progression:

- >Combine low, medium, and high levels in one continuous movement.
- >Add dynamic changes: slow reach → fast jump.
- >Work in pairs: mirror or shadow each other’s climbing.

### **Jungle Climbing Sequence**

We will now create and perform a sequence simulating climbing and exploring the jungle, incorporating animal-inspired qualities. In pairs or small groups, children choreograph a **4–5 movement sequence**:

- >Approach a tree or vine.
- >Climb, stretch, or reach using levels.
- >Exit safely or transition to another movement.

Encourage:

- >Smooth transitions.
- >Direction changes.

Progression:

- >Include unison or canon with partner/group.
- >Add more complex level changes and dynamic contrasts.
- >Use formations to enhance group performance.

### **Creative Application**

#### **Mini Jungle Climb Performances**

Groups will now perform the jungle climb sequence from the previous part of the session to others. Ask for feedback on the sequences with a positive and area for improvement provided for groups.

### **Teaching points**

- Encourage confidence and clear expression.
- Focus on smooth transitions and level variety.
- Keep movements controlled and deliberate.
- Keep core engaged for balance and strength

### **Key Questions**

- How can you move between low, medium, and high safely?
- What helps you stay balanced when reaching or stretching?
- How did your group show climbing safely?

**National curriculum links:**

- Developing control, balance and technique through dance
- Perform dances using a range of movement patterns

**Social and environmental skills:**

- Showing resilience in their work
- Developing confidence in wanting to try and test new skills
- Displaying creativity when performing jumps, balances and sequences