



Supported using public funding by  
**ARTS COUNCIL  
 ENGLAND**

## KS2 LESSON PLAN - ALLURIAT - P.E - DANCE

Session	WALT: To creative emotive dance	
Input	Main Activity	Plenary
<p><b>Warm-Up:</b>            Ch to move in the space using functional training and HIIT activities to activate core strength and cardio-vascular movement.</p> <p>Read the poem Alluriat (attached) to the ch.</p> <p>Ask ch to describe the emotions of the characters in the highlighted verses. <i>What type of movements display a storm? Does the movements build up and then reach a quiet phase?</i></p>	<p><b>Ch to work on bear crawls, lower body strength, ladder running, HIIT workout with whole class drills for alignment and postural sequences.</b></p> <p><b>Ending with holistic whole body stretch and alignment. Focus on breath and set intention for the duration of the class.</b></p> <p><b>The two verses are given to differ groups.</b></p> <p><b>Ch to create a motif using of 16 counts. The motif should display the emotions of the being in a storm.</b></p> <p><b>Ch to explore the space and feel comfortable exploring the floor.</b></p> <p><b>Ch to repeat the motif to the class.</b></p>	<p><i>Ch to share their sequence to the class.</i></p> <p><i>What other elements can be added to the sequences? Have you looked at pace, timing, levels and formations?</i></p> <p><i>Can you simplify and reduce the motif so it only has one or two key elements?</i></p>
<p><b>Notes: Extension: Ch can explore body percussion to create a sense of a storm brewing.</b></p>		<p><b>ICT/Writing/Numeracy opportunity:</b></p>

## KS2 RESOURCES - ALLURIAT - ENGLISH

### *Alluriat*

Two sisters in the world there lived  
In harmony they grew  
Each loved the other like a mother  
Until a bad wind blew

That storm tore them away from home  
It left one all alone  
The other though was taken in  
And kindness she was shown

The lonely one was washed to sea  
And pulled under the waves  
And there she found another world  
Of corals and of caves

There she found a way to live  
She would be no outcast  
She ruled a tiny kingdom  
And riches she amassed

Far away her sister lived  
A sailmaker was she  
She had no riches, only love  
But she lived happily

One thing she lacked though, pained her heart  
It was her sister dear

So up she rose to sail the ocean  
Conquering her fear

Now sister Queen was struggling  
Her greed was getting greater  
She had grown cruel and selfish  
And her friends began to hate her

The more they cried and swam away  
The meaner she became  
She treated them like little toys  
In her deceitful game

Long did her sister sail the seas  
Until she could no more  
Queen sister saw the ship arrive  
And into it she tore

She sent her biggest octopus  
To break the ship in two  
And down it came under the waves  
Poor sister sinking too

Queen sister laughed at so much fun  
A new toy for her game  
But sister sinking now below  
Asked the Queen her name?

How dare this girl look at the Queen?  
Whose own name she's forgot

She would be punished now for this  
And left in jail to rot

But this girl showed her only love  
She gave to her a toy  
The Queen had seen this toy before  
And anger turned to joy

Was this a sister from times past  
The one she left behind?  
Why was she here? Had she got lost  
Or had she come to find.....

The girl began to take the clothes,  
The cape, the jewels, the crown,  
And make her sister as before  
Her kingdom of deep down

And now they could be sisters  
Nothing less or more  
And they could live in harmony  
A new life on the shore