



THRILLER

A simple spooky dance routine perfect for children 7 to 11 years

AIM OF SESSION - Build a simple spooky dance routine based on the basic movements of dance - Travelling, Turning, Stillness, Falling and Jumping.

LENGTH OF SESSION - 40 – 60 minutes.

RESOURCES - Thriller - Radio edit version 5.11 minutes - you will also need a CD player, a large ventilated space, provision for water breaks.



WARM UP ACTIVITY (5 MINUTES)

1. Introduction to Beat and Rhythm
 - Focus the children, sit them in semi circle, and play "Thriller"
 - Introduce the "Slow" beat : this is clapping in time to a regular beat (8 claps per phrase of 8 counts of music)
2. Now practice clapping to the beat of the music

MAIN ACTIVITY (30 - 50 MINUTES)

1. Arrange the children standing in their own space
2. Teach the choreography to the song using the choreography notes on page 2
3. Have fun doing the performance as many times as you like!

ENCOURAGE BIG STRONG MOVEMENTS AND GOOD POSTURE. PRAISE GOOD PERFORMANCES FOR OTHER CHILDREN TO WATCH AND COPY.

You could split the class to allow the children to watch each other's performance and copy good performance.

COOL DOWN ACTIVITY (2 MINUTES)

Children walk around the room slowly like mummies or zombies. Then shout freeze and go into a full body stretch - walking on tip toes and holding for 10 seconds.

Now perform a standing cat stretch, to stretch out the spine - hold for 10 seconds.

Shake the body and then sit the children in a semi circle, encouraging good posture whilst sitting. Perform some seated mild stretches and talk about what they have learned today.

PLENARY

Observe children's ability to clap in time to music during the warm up

Observe children's ability to perform the correct actions with the correct parts of the song

Q. What have we learned in this session?

Q. What could we improve on next time?





CHOREOGRAPHY NOTES

To Michael Jacksons Thriller Radio Edit Version 2003

INTRO Children in their own space, crouching down, heads tucked in.

VERSE CHOREOGRAPHY Children to create 3 or 4 monster style poses of their own to include things like zombies, vampires, ghouls and ghosts etc. Each pose should be held for 8 counts and then changed to another of their positions. Repeat this throughout the verse.

CHORUS CHOREOGRAPHY All together moving in time to the music.
Walk or side step to the right for 4 counts hold and perform classic thriller arms for 4 counts. Repeat this travelling to the left side for 4 counts and thriller arms 4 counts.

FILLER 1 NIGHT CREATURES All crawl around on the floor in slow motion like creatures rising from the earth - either on hands and knees or on elbows and stomachs.

FILLER 2 DARKNESS FALLS The whole group to create a circle with 2 students in the centre of the circle.
• The circle moves clockwise slowly marching like zombies in time to the beat of the music.
• The two students in the centre try to leave the circle but the zombies won't let them. They need to act out being frightened and trying to escape.

FINAL POSE Everyone falls to the floor and lies very still.

- STRUCTURE**
- Intro
 - Verse
 - Chorus
 - Verse
 - Chorus
 - Filler 1 – Night Creatures
 - Verse
 - Chorus extended
 - Filler 2 - Darkness falls
 - Finishing pose

HAPPY HALLOWEEN!

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