Chinese Dragon Dance Warmup – You will need to find a Chinese Instrumental Piece to play as they move.

Warm up
Children skip or run around the space. Teacher claps hands every so often and asks the children to dance like a particular animal, e.g. horse, snake, fish, monkey and dragon.
Stretch
Stretch arms, sides of the body, and upper and lower legs.
Main
A Talk about the Chinese dragon (see resource notes).
B ◀ *"Dragon Dance"*
Children find a space and dance like the dragon. Teacher encourages children to explore the movement with helpful hints as appropriate, e.g. snake-like movement, five claws, lift, dip, push forwards, sweep the head, power, frightening but friendly, bold (etc.)
C Put the children in pairs to fix the dragon movement (choosing four of their favourite moves is a good way to start).
D The Chinese dragon has power over the weather. Ask each pair to be the weather (rain, thunder and lightning) and the dragon controlling it. The pupils can take it in turns to do each part.
E Movement discussion: half the class watches the other as pairs perform what they have come up with. (See resources for evaluation guidelines).
F Put the pairs into groups of four to make a group dragon. Get them to explore how it moves (see B for helpful hints).
Cool Down ◀ *"Dragon Dance"*
Children move around the space as if the dragon is in water until it gradually comes to rest. Stretch arms, sides of the body and upper and lower legs.