PHYSICAL EDUCATION

TEACHER : OURANIA VAGIANOU

LESSON PLAN : COURSE : **GREEK TRADITIONAL DANCES**

**PURPOSE**: CONTACT WITH THE DANCES OF OUR ISLAND

**TOPIC**: SOUTHERN GREEK ISLANDS TROLL DANCE (SYRTOS)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **AIMS** | **COURSE ORGANIZATION** | **EVALUATION** |
| **PREPARATION** | Cognitive and emotional development of children | **LOCAL DANCES**  We talk about the dances of our country and the songs that accompany them | Understand the importance of local history |
| **MAIN SUBJECT** | Develop the audiovisual concept  Develop the rhythmic ability  Develop the sense of space | **MUSIC-MOVEMENT PROCESSING**  The teacher selects the song, and listening to it with the children claps rhythmically. The children also accompany. Then, without music, they repeat the pace with footprints almost on the ground with on-site movement. Finally, they continue with music and movement. | Be able to coordinate with the teacher  To coordinate movement and rhythm |
| **PRESENTATION** | Develop collaboration with the team | **CHILDREN DANCE**  The teacher dances in the middle of the circle with music all parts of the dance and the children dance trying to imitate. | To coordinate with the group |

|  |
| --- |
| **SYRTOS DANCE OF KOS**  **6 STEPS (Circular Movement forward)**  1st step: Left leg forward  2nd step:Right leg forward almost next to the left  3rd step: Left leg a bit forward  4th step: Right leg a bit forward, leaning on the right leg  5th step: Left leg at the back of the right  6th step: Right leg steps at the right side and forward |