

Celebrations



Let's Get Ready



Chinese New Year

Chinese New Year is a celebration of the start of a new year.

Red is thought of as a lucky colour, so people wear red.

There are red decorations too, such as lanterns and fans.

People perform dances dressed as dragons or lions.

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21st

The festival of Chinese New Year is celebrated in many different ways.

People eat special meals with their family and friends.

There are firework displays.

Celebrating Chinese New Year



Can you spot the different ways people celebrate Chinese New Year?

Watch [these](#) children celebrate Chinese New Year.

Celebrations



Can you match the words with the images of the Chinese New Year celebrations?



fireworks



fan



dragon



lantern



lion

fireworks

dragon

lion

lantern

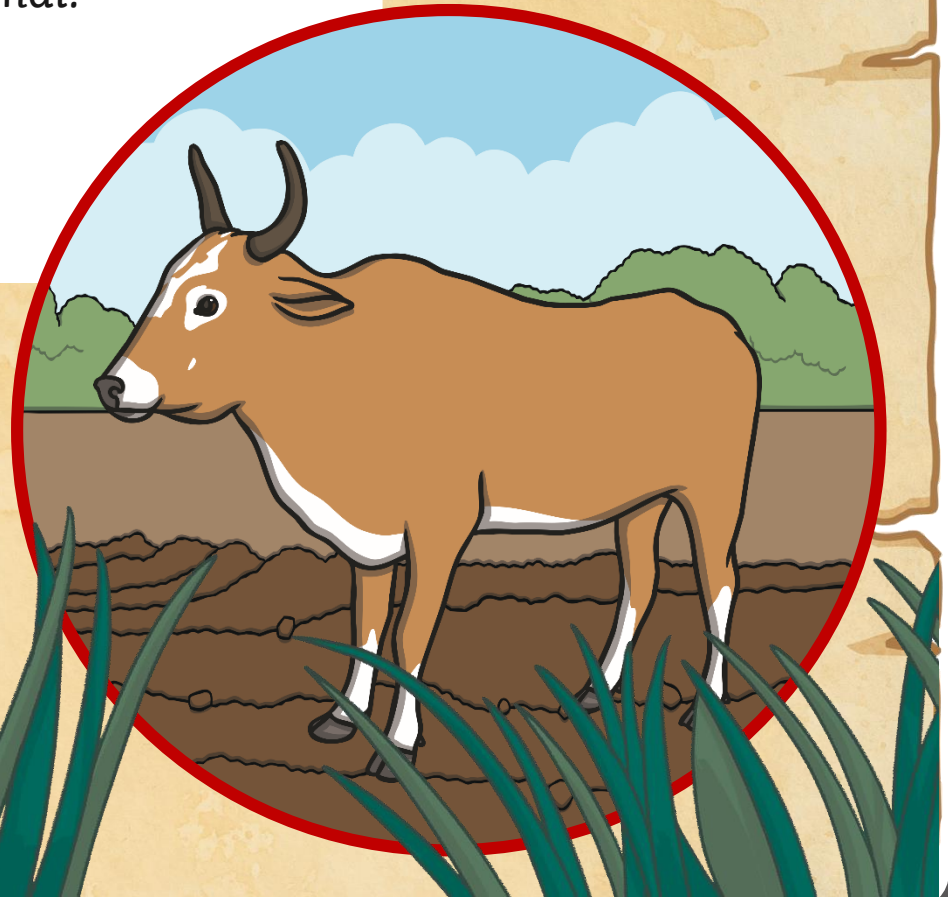
fan

Year of the Ox

In the traditional Chinese calendar, each year is named after a different animal.

There are **12** animals in total.

2021 is a **Year of the Ox**.



Let's Get Moving



Warm-Up: Paint It Red



**Pretend you have
paint on your feet.**

Try to spread the paint
by jogging everywhere.

**Now you have paint
on your hands too!**

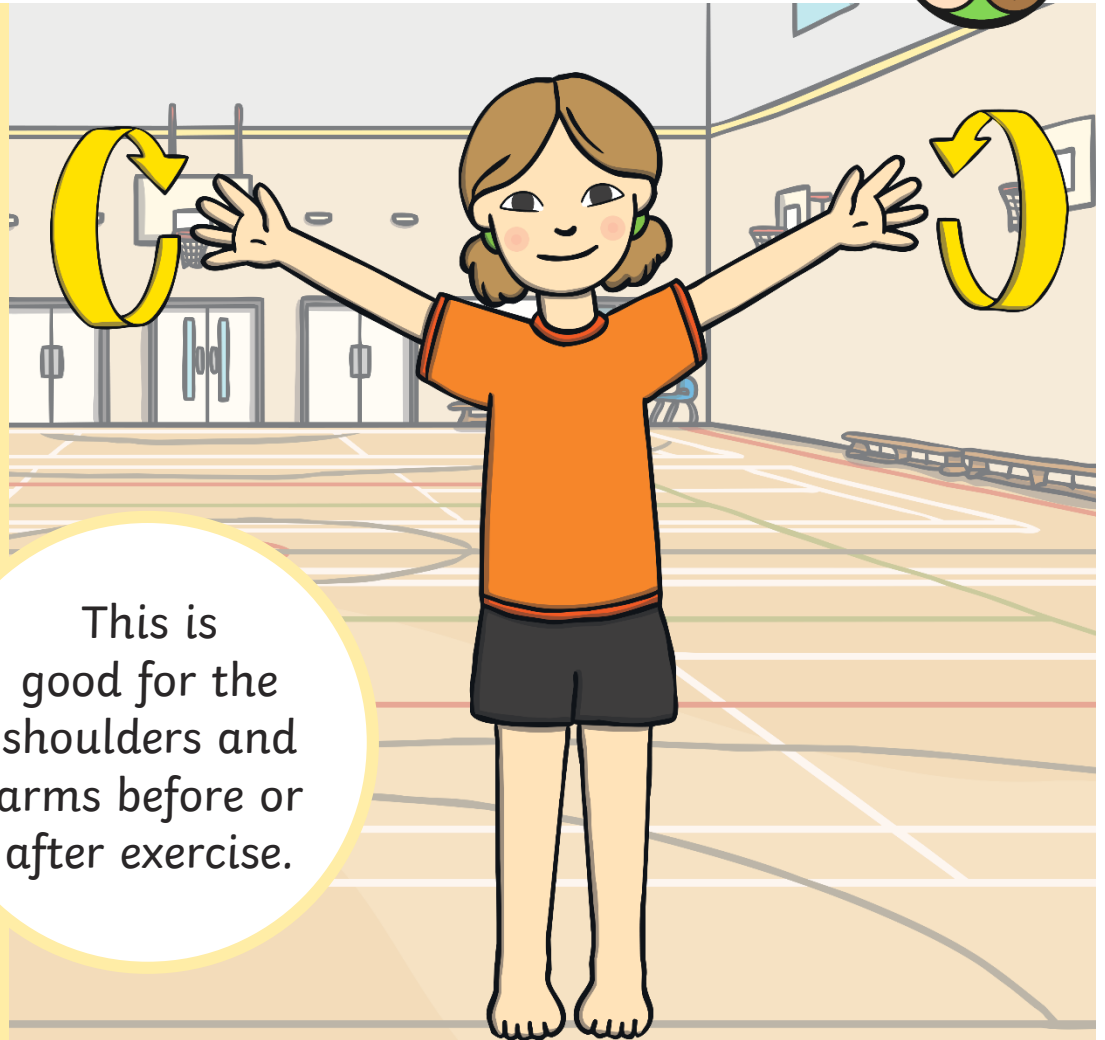
Can you use your hands and
your feet to cover the floor in
footprints and handprints?



Arm and Shoulder Stretches



- Stand with your feet hip-width apart and knees slightly bent.
- Stretch your arms out to the side at shoulder height.
- Rotate your arms backwards in small circles.
- Change direction and rotate your arms forwards.



This is good for the shoulders and arms before or after exercise.

Celebrations Dance



Can you copy and repeat
the celebrations actions?



Let's find out!



Today, you will be creating a dance sequence to show how Chinese New Year is celebrated!

You will learn an action for each celebration.

You will need to remember the action for each celebration.

Then, you will work as part of a group to put the actions together to create your very own Chinese New Year dance.

Celebrations Actions: Fireworks



Jump up in the air with your arms and legs wide!

Repeat.

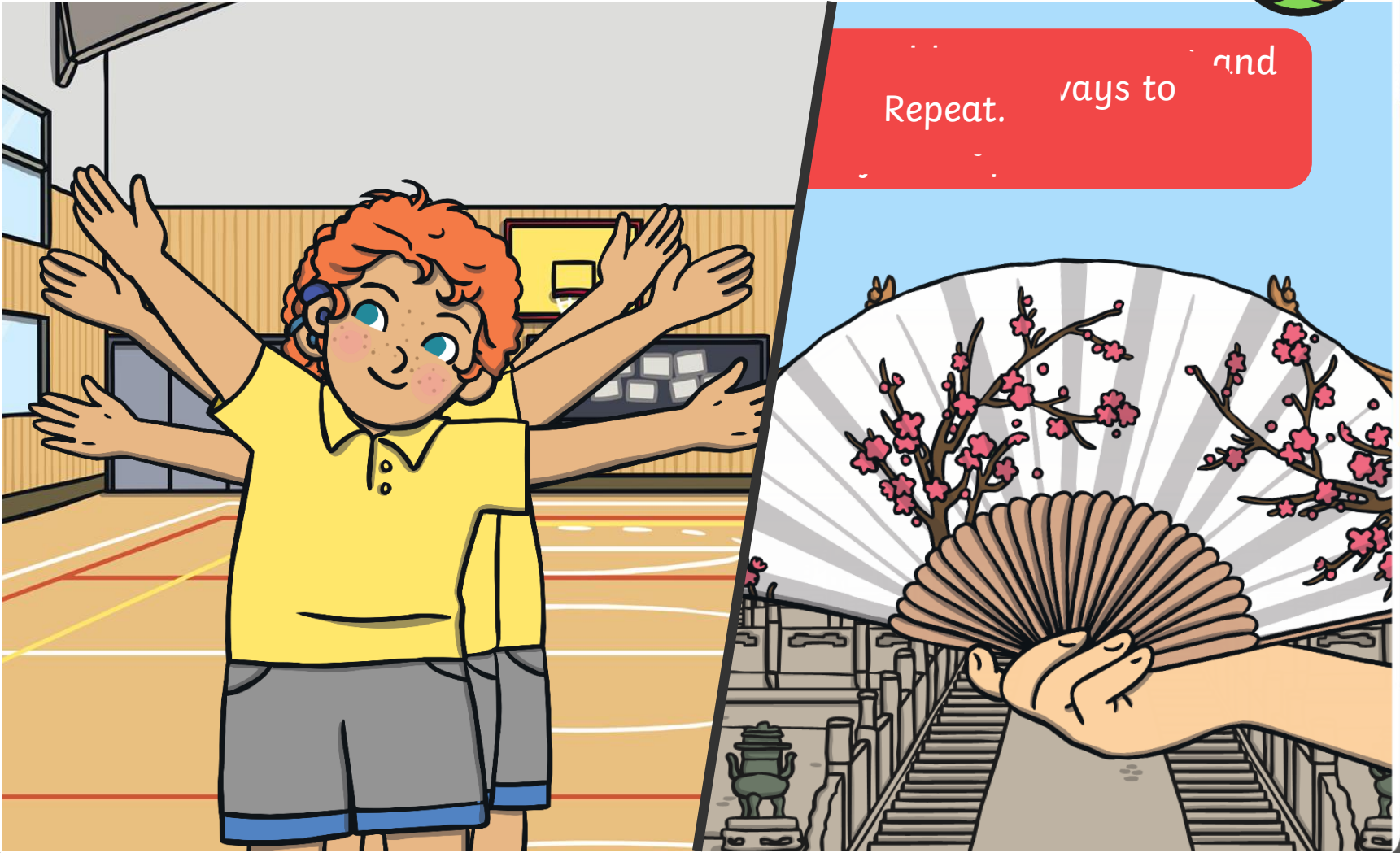
Do you think you look like a firework exploding high in the sky?



Celebrations Actions: Fan



Repeat. /ays to and



Celebrations Actions: Dragon



Curve your arms out to the side like a dragon's mouth. Snap them together a pair of five times.



Do you feel strong and powerful?

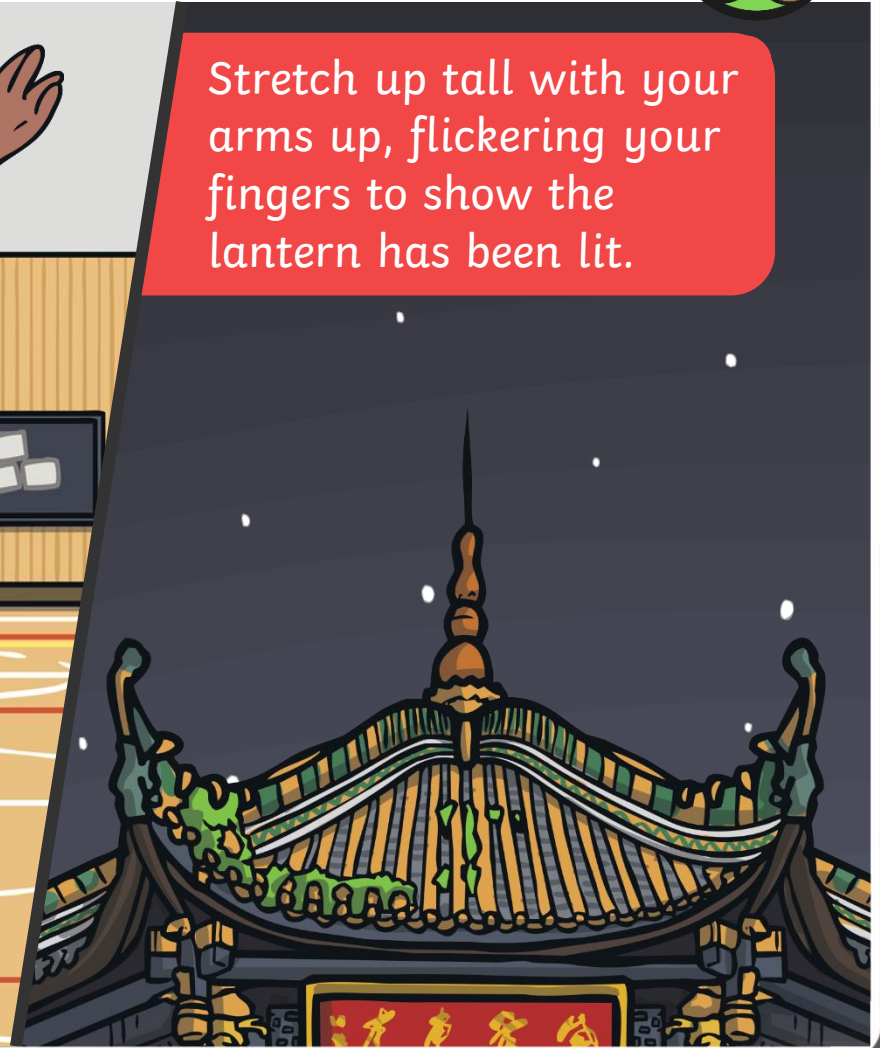
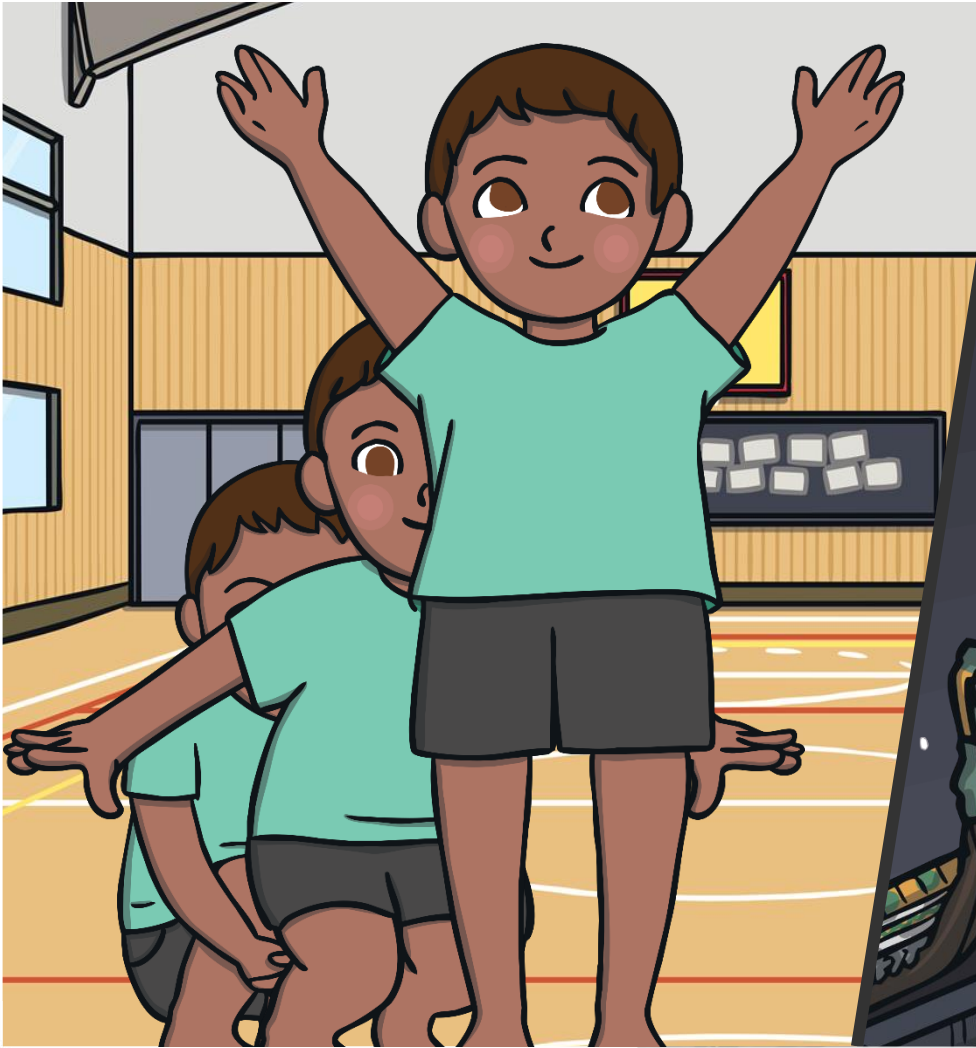


Hold your arms out to the side like a dragon's mouth.

Celebrations Actions: Lantern



Stretch up tall with your arms up, flickering your fingers to show the lantern has been lit.



Celebrations Actions: Lion

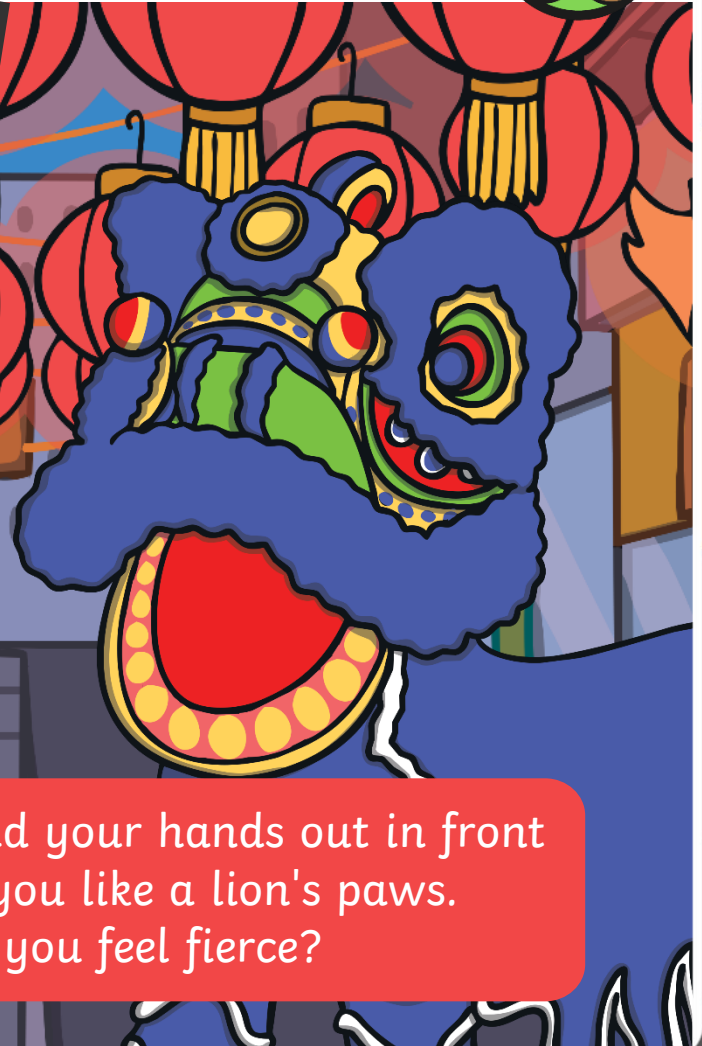


Whole Class

Jump your feet out to the side.



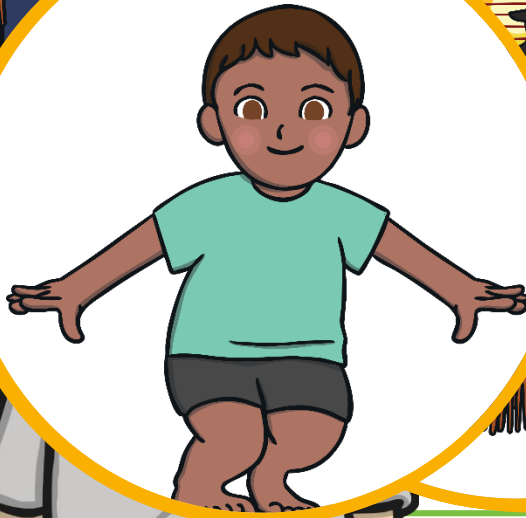
Hold your hands out in front of you like a lion's paws. Do you feel fierce?



Call and Response



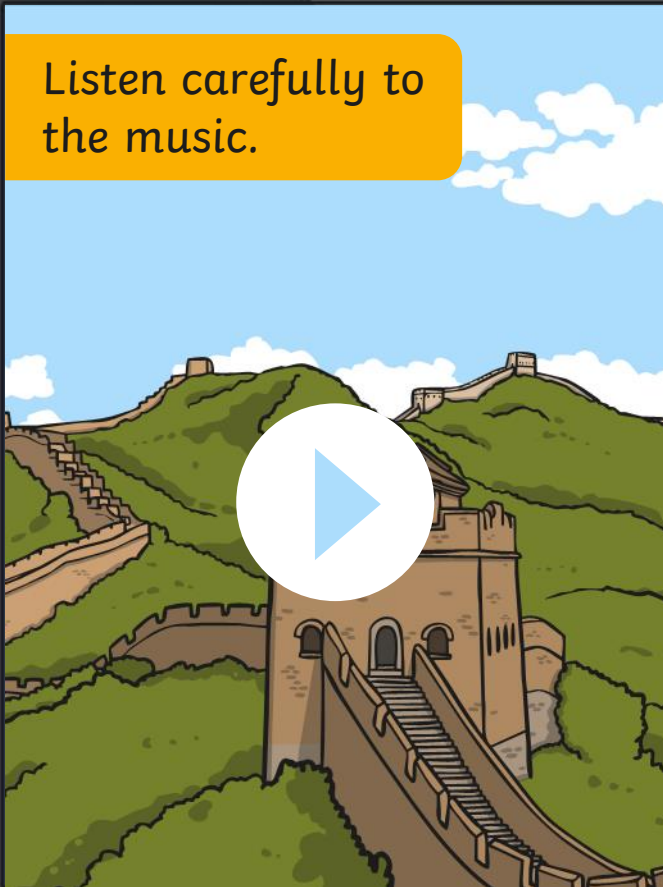
Red lanterns are lit.



Changing Speed



Listen carefully to the music.



Some parts of the music are fast and other parts are slow.



Which actions would work best with the **fast** music?

Have a think and try some out now while I play the music.

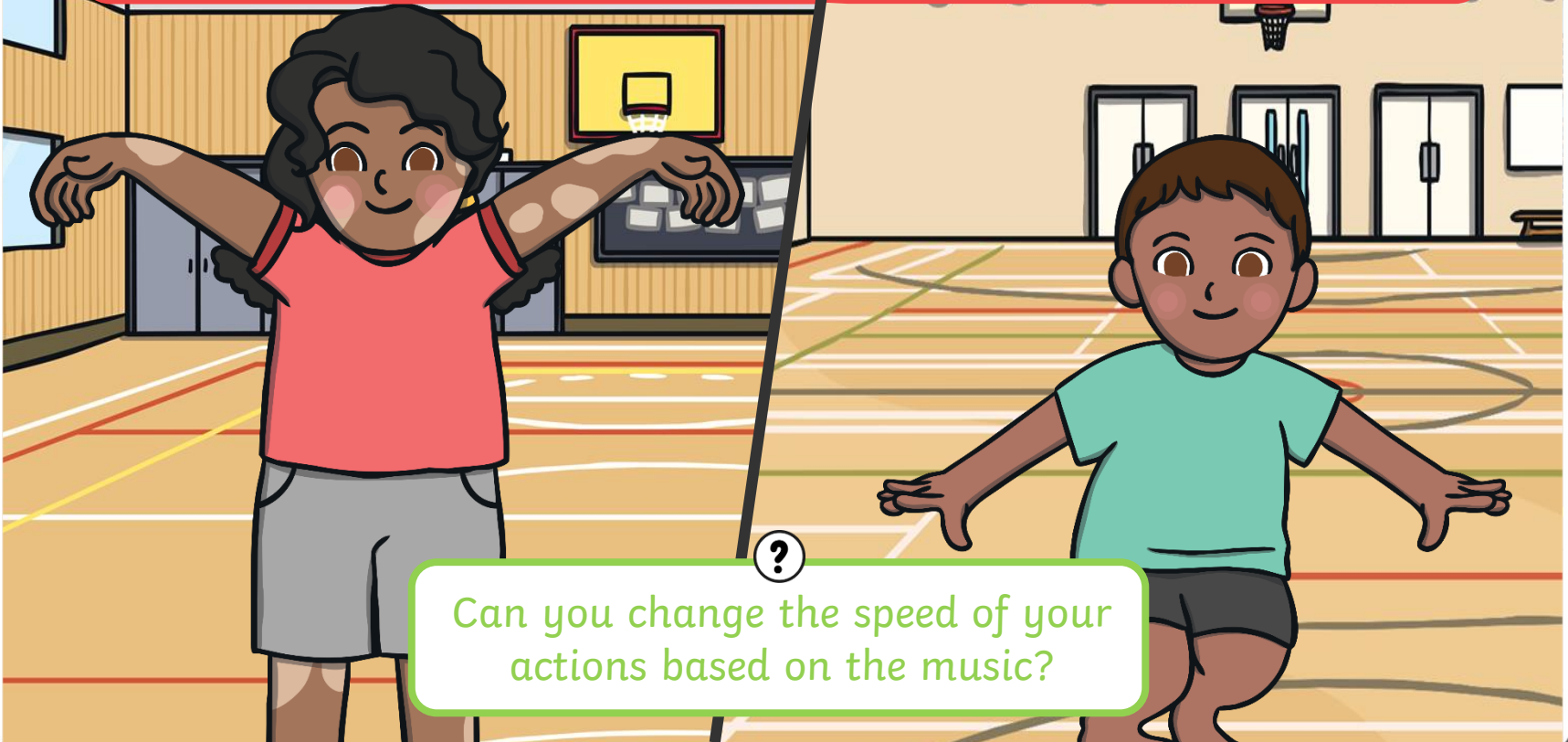
Which actions would work best with the **slow** music?

Changing Speed



You might think that the fireworks or the dragon actions work well with the fast music.

Maybe the fan or lantern actions work well with the slower music.



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Can you change the speed of your actions based on the music?

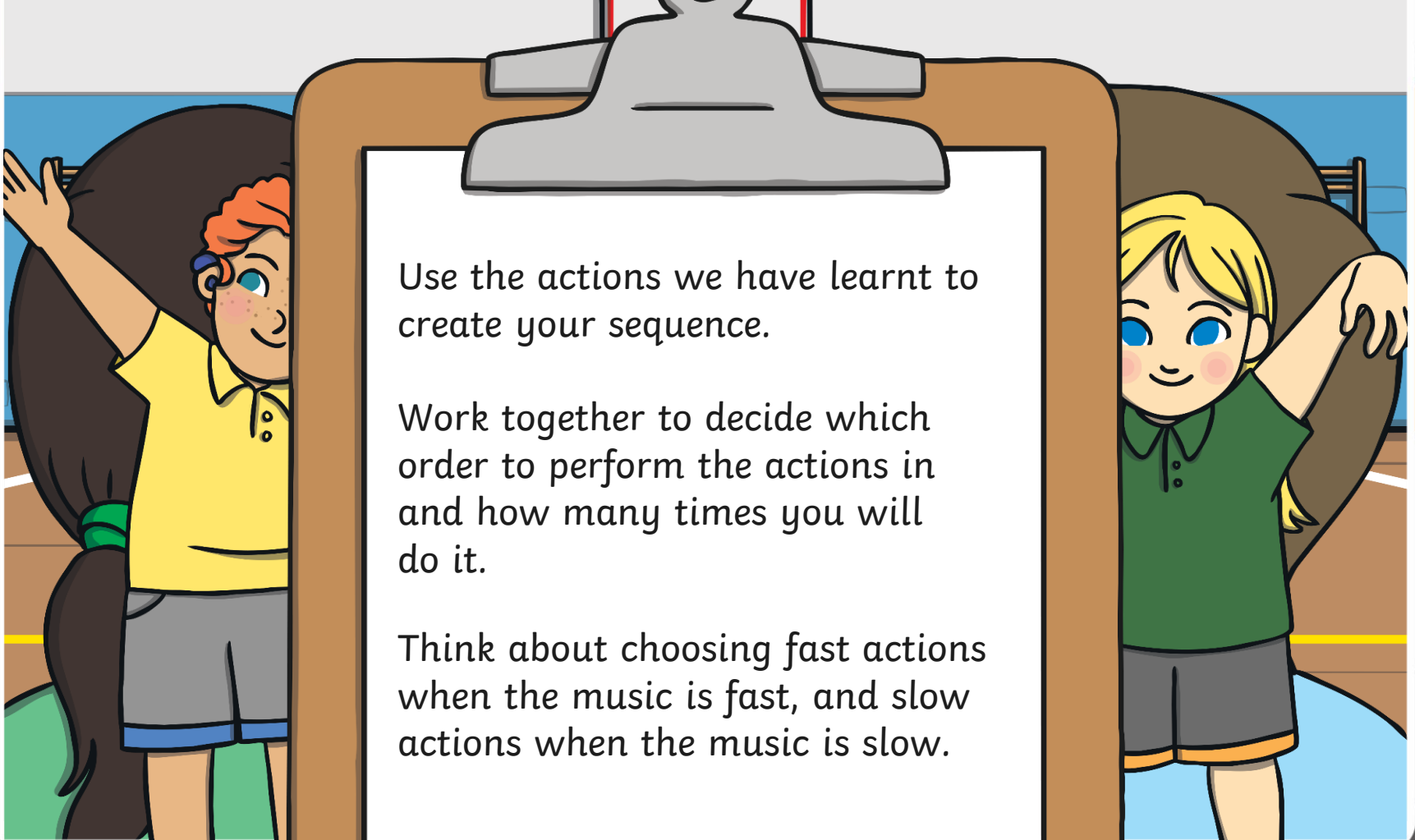
Plan Your Dance



Use the actions we have learnt to create your sequence.

Work together to decide which order to perform the actions in and how many times you will do it.

Think about choosing fast actions when the music is fast, and slow actions when the music is slow.



Practice Performance



Now, it is time to practise your dance.

- ? Have you remembered all of the actions?
- ? Have you put the actions in your own order?
- ? Have you changed the speed of the actions?

Perform the celebrations actions in the order you have chosen.

Plan Your Dance 2



Keep practising your Chinese New Year dance.

Do you need to remember any of the actions better?

Can you remember the order of the actions?

Do you need to put any actions in a different order?

Have you got some slow and some fast actions in your sequence?

Do you need to do some actions at a different speed?



Perform!

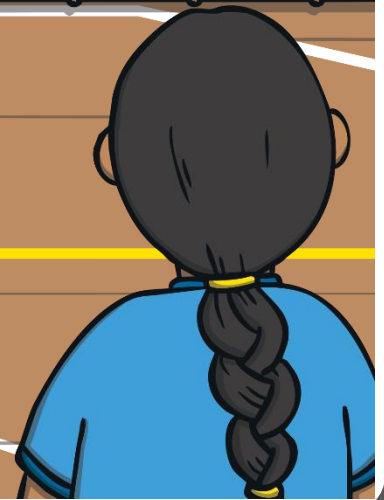
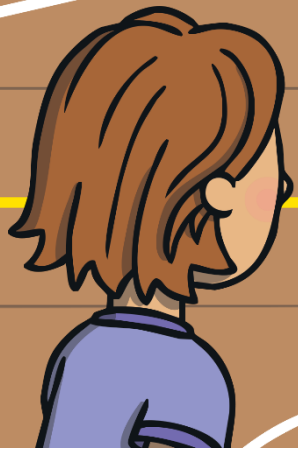


I will choose some groups to perform their Chinese New Year dance to the rest of the class.

While you are watching, try to spot the actions we have been learning.

Watch for groups that are really good at remembering all of their actions.

Think about the groups that stand out for choosing a really good order to their actions.



Cool-Down: Sleeping Lions



It's time to cool down after all of our hard work.

Pretend you are a tired lion! Lie down on the floor and relax. Imagine you are a sleeping lion.

I will walk around the space quietly and gently tap someone on the shoulder. That person should quietly get up, tap someone else on the shoulder and then line up, ready to get changed.

This will carry on until all the lions have woken up!

