

**Unit Name: Silent Dancer Stage: Early Stage One** 

## **Unit Objective**

This lesson plan was designed to complement a Silent Disco.

If you are in the Mid North Coast of New South Wales please contact <u>Blue Sky Community Services</u> to organise a free silent disco for your school or organisation. If you are accessing this resource from outside of the Mid North Coast NSW, we recommend engaging a local company that can facilitate a silent disco for you or create your own with our <u>Silent Disco Set Up Guide</u>.

The Silent Dancer Activities were created to be completed before and/or after your silent disco. Often a silent disco may run with children across various age and ability ranges. The six activities are designed with this in mind, and each activity provides varying degrees of difficulty to cater for all learners. Even though the six activities can be accessed by children of many age brackets, there are four lesson plans available, each dedicated to one of the four primary school stages. Each lesson plan links to all 6 activities and it is up to you which and how many activities you incorporate into your Music curriculum.

#### **Lesson Overview**

Big idea: Exploring Music and Movement through a Silent Disco

#### **Guiding Questions:**

- How can music shape our identity?
- How can we represent ourselves through music?
- How can I express myself through music?

### **Lesson Outcomes**



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#### A student will learn to:

- perform music through singing, playing and moving to simple songs and speech rhymes
- organise sound by creating simple songs, rhymes, games and compositions or variations on simple songs, rhymes, games and compositions
- listen to, and respond to, a variety of music

#### A student will learn about:

#### musical concepts:

- through recognising simple musical features of the music they perform
- by organising sound through listening, imitation and experimentation
- by responding to music through performing and organising sound activities and identifying simple features of this music

#### the role of music in the world by:

• recognising that music is all around them

Syllabus Outcomes	Teaching, Learning and Assessment
MUES1.1 Participates in simple speech, singing, playing and moving activities, demonstrating an awareness of musical concepts.	<ul> <li>TEACHING - Learning intention</li> <li>Students will recognise and respond to different types of music through movement.</li> <li>Students will understand how music can be experienced in different ways, including through technology.</li> <li>Students will demonstrate basic coordination and rhythmic skills through dance.</li> </ul> Warm-up
MUES1.2 Creates own rhymes, games, songs and simple compositions.  MUES1.4 Listens to and responds to music.	<ul> <li>Choose a song for students to dance to:         <ul> <li>The Emma Memma songs incorporate Auslan Sign Language and are best suited for students in early primary school.</li> <li>The Danny Go songs are upbeat instructional dance songs for students to move their bodies to. "Talking With My Body" displays ASL Sign Language which is used in America.</li> </ul> </li> <li>Say the Dance, Do the Dance in Auslan Sign Language Time   The Wiggles   Kids SongsEmma Memma: Clap, Clap, Clap (Auslan)   Music &amp; Dance for Kids #EmmaMemmaEmma Memma: Hello, How Are You? (Auslan)   Music &amp; Dance for Kids #EmmaMemma"Dance Like This!" ※ /// Danny Go! Clap Shake Jump Movement Songs for KidsTalking With My Body!</li></ul>



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Kids | Danny Go! Songs For KidsBluey Theme (Acapella Remix) | Danny Go! Songs For Kids

#### **LEARNING**

#### **Lesson Content**

#### Introduction

- Begin by asking students if they have ever heard of or been to a silent disco.
   Briefly explain <u>what a silent disco</u> is (a dance party where people listen to music through wireless headphones instead of a speaker system).
- O Discuss the idea that everyone can listen to their own music at the same time without bothering others.
- Show pictures or videos of silent discos to help visualise the concept.

#### Discussion

 Discuss <u>how silent discos work</u>, including the use of wireless headphones and different channels for music.

#### Listening Activity

- Have students sit comfortably and listen to a few different music tracks. Play
  a variety of music styles (e.g., pop, rock, classical) and tempos (fast, slow).
   These can be found in Activity 6 Music Genres.
- Encourage students to close their eyes and imagine themselves dancing at a silent disco. Ask them to think about how the music makes them feel and what kind of movements it inspires.

#### Creative Movement

- Play a variety of music tracks and have students participate in creative movement activities. Encourage them to express themselves freely through dance and movement, inspired by the music.
- O Provide prompts or suggestions for movement (e.g., dancing like a robot, moving in slow motion, dancing with a partner, etc.).

#### Activity

- o Find one or more <u>activities</u> that would benefit your students. Work through your chosen activities before and after your Silent Disco.
  - 1. **Enjoying Music -** Music in Different Ways, Word Search
  - 2. Variations Alphabets, Scattergories
  - 3. Sounds Find the Sounds, Sound Search Sheet
  - 4. Loud City Read My City Speaks, Performance
  - 5. **Loud Beach** Read This Beach is Loud!, Make Sounds, Descriptive Words Activities



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6. Music Genres - Listen to Genres, Matching Music Genres

#### **Group Activity: Reflection**

Have a brief discussion about the experience. Ask students how they felt dancing
with the headphones on compared to dancing without them. Discuss the different
ways music can make us feel and how it can inspire movement.

#### Assessment:

- Informal assessment based on student participation and engagement in the discussion and movement activities.
- Observation of students' ability to express themselves creatively through movement in response to different types of music.

## Adaptations, Considerations and/or Adjustments

Note: Think about how this lesson may affect students in your class and make any of these adaptations that you feel necessary.

#### Physical:

- Students can complete all activities where they feel most comfortable. This may include sitting or standing.
- The environment may need to be considered or adapted for accessibility.
- Throughout the planned activities, students may need to use their hands or legs. If this is a challenge for your students, leave these activities out or create a more suitable alternative for your students.
- Ensure there are no flashing lights/visuals at your Silent Disco if you have a student with epilepsy or light sensitivity.
- Provide frequent water breaks for students participating in the Silent Disco.

#### Vision:

- When displaying instructions and visuals, it may be beneficial to increase the size of fonts or pictures.
- Instructions may also be given verbally.
- Ensure students are seated near the front of the room to view visuals/videos.

#### **Hearing:**

- Include visuals to support lesson activities.
- Have instructions written simply on the board.
- Some assistance or a sound device may be needed for direction during the whole task.
- Display the lyrics and appropriate video clips when doing the "Genre Activities".
- During the Silent Disco, consider providing students with a vibration vest instead of headphones.

#### Sensory:



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- Create a space in the classroom that gives students a 'break' from constant environmental stimulants.

#### Non-verbal:

- Support students' preferred ways of communication.
- Incorporate technology or devices in group discussion.
- Ask targeted closed questions.

#### EAL/D:

- Display questions and instructions on the board for each activity in the lesson for clarification. Include visuals in addition to written resources.

#### Other:

- Please read <u>PWDA Language Guide</u>: A guide to language about disability before starting this unit of work. This guide is a helpful resource, as it has been written by people with disability to assist the general public in respectfully talking about disability. It is important to be aware that the language that is used when talking about people with disability has an impact on how they are perceived and treated.
- This lesson introduces a fair amount of new information. To keep engagement levels high, some students may benefit from having this lesson split up over multiple sessions.

## **Resources**

- Music Book and Video Suggestions
- Silent Disco ES1 & S1



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Lesson Evaluation/Reflection	Yes
The lesson adequately addresses syllabus outcomes.	
The lesson reflects the needs, interests and abilities of all students.	
The lesson provides an opportunity for students to demonstrate what they know and can do.	
The lesson includes a variety of teaching and learning activities and resources to address the learning needs of all students.	
Additional comments and suggestions for improvement:	

# IL ENDISC









Would you like us to hold a sensory-friendly Silent Disco open to all?

A Silent Disco is where everybody has their own wireless headset which allows the choice of different playlists and volume, while to the outside world, it is SILENT.

We can come and host for free!

## Benefits

- inclusive of those with diverse sensory needs
- reduced distractions

- reduced anxiety
- a variety of music
- sense of belonging for all

- participation with others less distracting for other students
- individual headset with full control of your environment volume & playlists



people with hearing impairment or who are deaf can participate by feeling the music!

Port Macquarie Hastings - Kempsey Shire

- Ross Henderson
- 0428 353 424
- ross.henderson@ndis.gov.au

Nambucca Valley - Bellingen Shire - Coffs Harbour

- Lynda Warwick
- 0417 878 391
- lynda.warwick@ndis.gov.au

blues

Delivering the NDIS in your community

## What to expect at a Silent Disco

Video on a screen

Decorations

Disco ball —





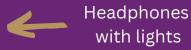
Large open space to dance

Lights off (still allowing natural light)

Someone controlling the playlists on screens







3 different coloured lights, each colour is a different music playlist



Staff members helping

## How to create your own Silent Disco

## Tips to ensure your disco is inclusive and welcoming

- Each child needs a set of **Bluetooth headphones**. You may choose to purchase or hire them or even invite children to bring in their own.
- Make or pick an appropriate music **playlist**. Ensure various music genres are included.
- Set up a **device** (computer, iPad, tablet) where you can Bluetooth the music from.
- Set up a large **open space** for dancing, be mindful of any physical limitations of your students and ensure the environment is welcoming to everyone. **Lower numbers in the disco works best**.
- Create a low sensory space that gives students a 'break' from constant environmental stimulants, e.g. bean bag or seating area, a tent, a classroom, or an outside area.
- Dim the lights, but avoid being too dark and flashing/strobe lights.
- Ensure the music playing through the headphones is not too loud.
- **Decorate** the room with fairy lights, a disco ball, streamers, balloons or whatever you wish.
- Display <u>disco ball</u> **video** or similar on a screen.
- Your school may like to set a theme for the disco and get students involved in dressing up, choosing songs, making decorations etc.
- During your PE or Dance unit, you might choose to choreograph a dance routine so everyone is connected and included.
- Before the silent disco, some students may benefit from looking at the room before it is full of people. This may help to minimise overwhelming feelings and reduce some anxieties.



There are six activities to choose from.

Find one or more activities that would benefit your students.

Work through your chosen activities before and/or after your Silent Disco.

4

Pay attention to the page borders, these show you which pages are a part of the same activity.

The borders change with every new activity.

Words underlined in **black** are clickable links.



## There are six activities to choose from:

- 1. Enjoying Music Music in Different Ways, Word Search
- 2. Variations Alphabets, Scattergories
- 3. Sounds Find the Sounds, Sound Search Sheet
- 4. Loud City Read My City Speaks, Performance
- 5. Loud Beach Read This Beach is Loud!, Make Sounds, Descriptive Words Activities
- 6. Music Genres Listen to Genres, Matching Music Genres

# Activity 1 - Enjoying Music

what aux to someone near you about: What are the different ways we can enjoy music?



How can we make music?

How can we listen to music?

How can we move to music?

# We can make music in many different ways

Some ways include:

With digital technology



With instruments



With our voice



With our bodies



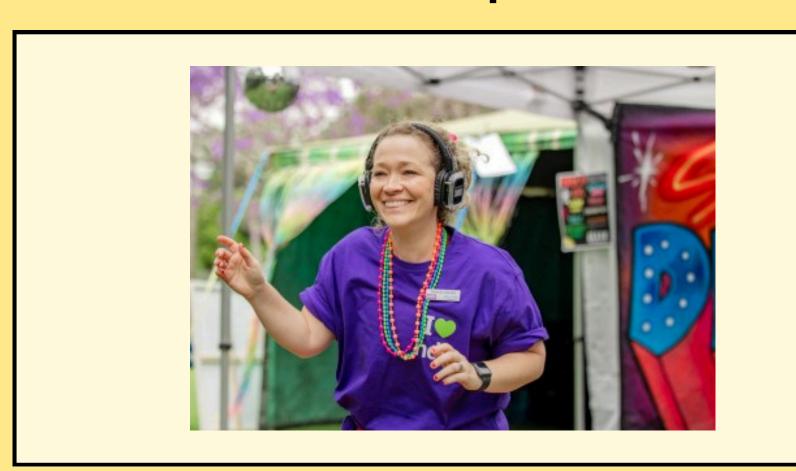
# We can listen to music in many different ways

Some ways include:

Singing along



With headphones



With a vibration device



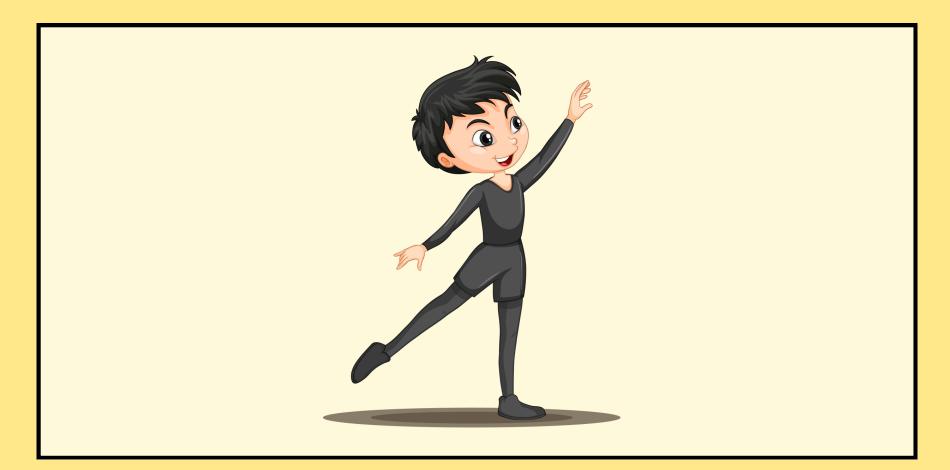
Watching it live



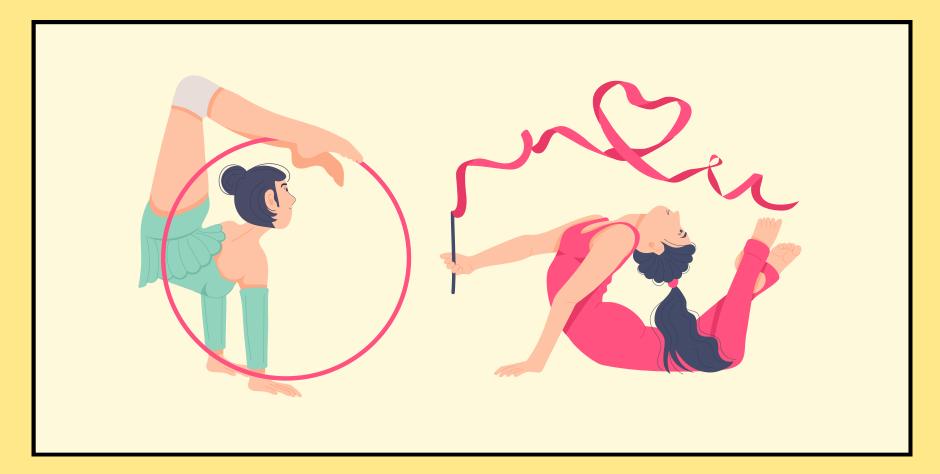
# We can move to music in many different ways

Some ways include:

Moving gently by yourself



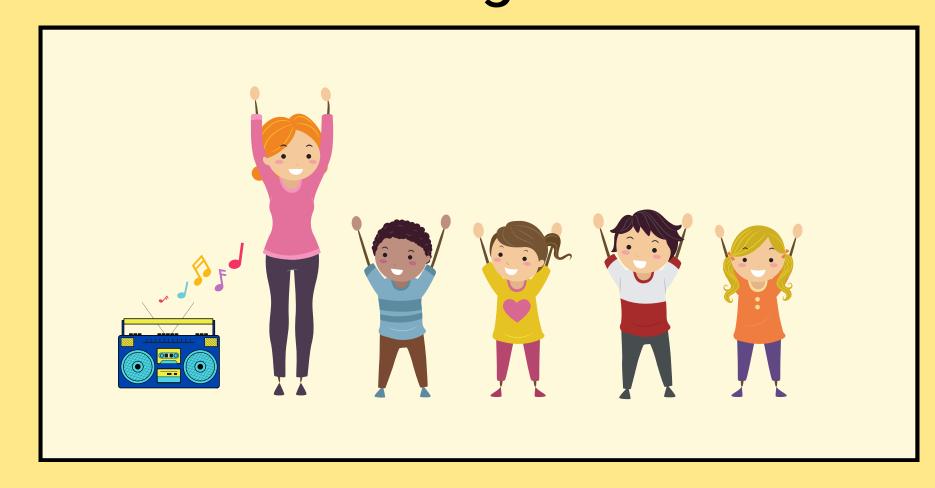
With a prop



Dancing with other people



**Following others** 



## **WORD SEARCH**

This activity focuses on words that are commonly associated with music.



There are 3 different versions of this activity. Each version is labeled as a phase and they become more complex.

> Activity 1: Word Search Phase 1 Activity 2: Word Search Phase 2 Activity 3: Word Search Phase 3

Pick a phase that works best for your students.

There is an answer sheet included for each phase.

Word Search

• Word Search · Answer sheet

 Word Search · Answer sheet

Click on the 'Word Search' image above to download the file

## MUSIC WORD SEARCH 🌡

D A N C E E S S A S I N G C C P M U S C O O A R T I S T disco perform dance

## MUSIC WORD SEARCH 2

I O O H E M H A I M R D N C U C D Y E A S S T I SONHLTALCSIP T M D O P U D G O A S E R P V R D N P A R D T R UONUTEHMNVYF M S U S E C O D O C H O E E G H M P N O S T E R NGENREEPHONM T U N I L I S T E N C H G V O I C E I D S I N G sound melody disco

## MUSIC WORD SEARCH 3

LDFWMQQBSCXRGYUBFZUA V D I A O R H N M W Q O L T R H T K O H EACQUOFCOMPOSEETMZCA

# Activity 2 - Variations

Just as there are many different sounds we can make on the same instrument, we can also make different sounds with our voice.

We are going to use the alphabet to explore different ways of using our voice.

ABCDEF GHIJKLM UVWXYZ

## Try performing the alphabet while:

- 1. speaking
- 2. singing
- 3. whispering
- 4. shouting
- 5. using a funny voice
- 6. singing like a rock star.

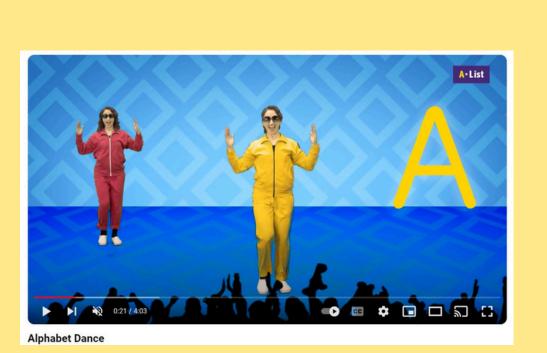
Which variation did you like best and why?

TABCDEF G HIJ KLM NOP GRST U V WXYZ ABCDEF G HIJ KLM NOP GRST

## Here we have six different versions of the alphabet. Listen to each one and see how the artists have made each version sound very different.



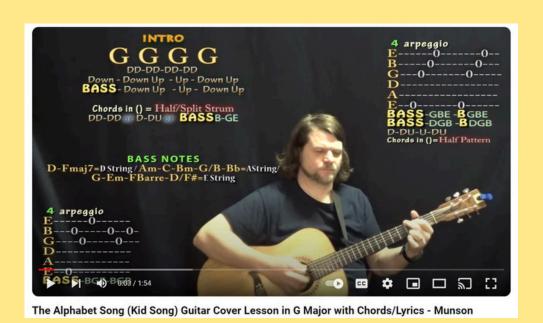
Emma Memma



A\*List



The Wiggles



**Munson Music Live** 



The Wizz Club



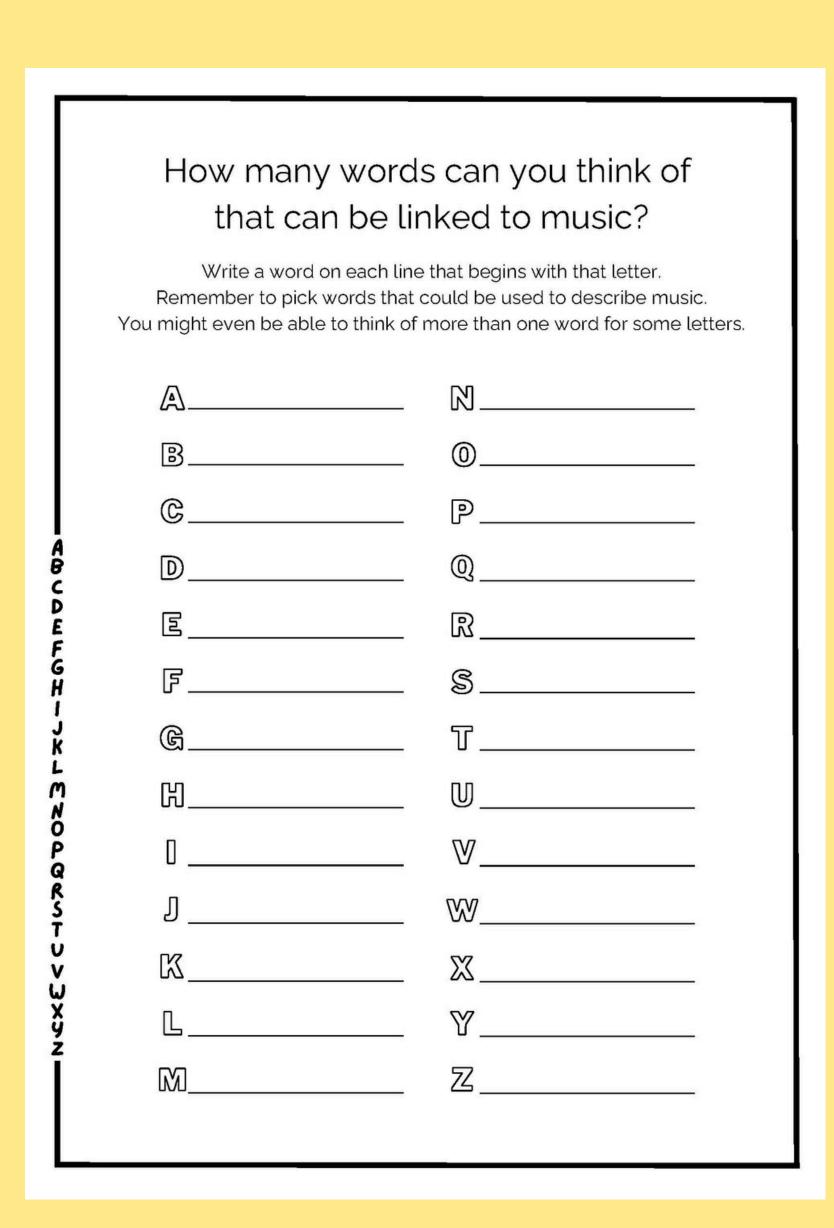
**Bounce Patrol** 

## **Alphabet Discussions**

Version	Link	Learnings	
Emma Memma	https://www.youtube.com/ watch?v=Twh9r1XUTs4	Learn the letters of the alphabet in Auslan.	
<u>The Wiggles</u>	https://www.youtube.com/ watch?v=yJtNLPhDtJw	What is a group of musicians playing together called? (A band) What instruments can you see? (Electric guitar, keyboard, drum set)	
<u>The Wizz Club</u>	https://www.youtube.com/ watch?v=aDpU_85YXoY	What genre of music is this? How is it different from other styles? What instruments do you think they used?	
<u>A*List</u>	https://www.youtube.com/ watch?v=VloEiK4Ihj8	Mhy do they repeat each letter instead of only saying it once What type of music can you hear?	
<u>Munson Music Live</u>	https://www.youtube.com/ watch?v=wBcFWIyuwSE	Why are the letters (G. C. and L.) above the alphabet.	
Bounce Patrol	https://www.youtube.com/ watch?v=XC6wQQHo8uU	What are the different ways they sing? (All together, boys, girls, quiet, loud)	

TABCDEF G HI J KLM NOP GRST U V WXYZ ABCDEF G HI J KLM NOP GRST

## **Music Scategories**



Click on the 'Musical Scategories' image to the left to download the file

TABCDEF G HI J KLM NOP GRST U V WXYZ ABCDEF G HI J KLM NOP GRST

# Activity 3 - Sounds

Pick any picture book, look for all the different sounds that items on the pages could be making. List those sounds on your sheet.

What sounds can you see on these pages?



## Did you find any of these sounds?



## **Sound Search Sheet**

Name: SOUND SEARCH		
Record the item the sound that it could be making.	Look for all the different sounds that items on the pages could be making.	
ltem	Sound	
Bird	Chirping	
Leaves	Rustling	
Dog collar	Clinking	

Examples

# Activity 4 - Loud City

Have you ever thought of the world as being loud?

The girl in this book is vision impaired and has to rely on her other senses each day. She focuses on the sounds her world makes to help navigate her city.

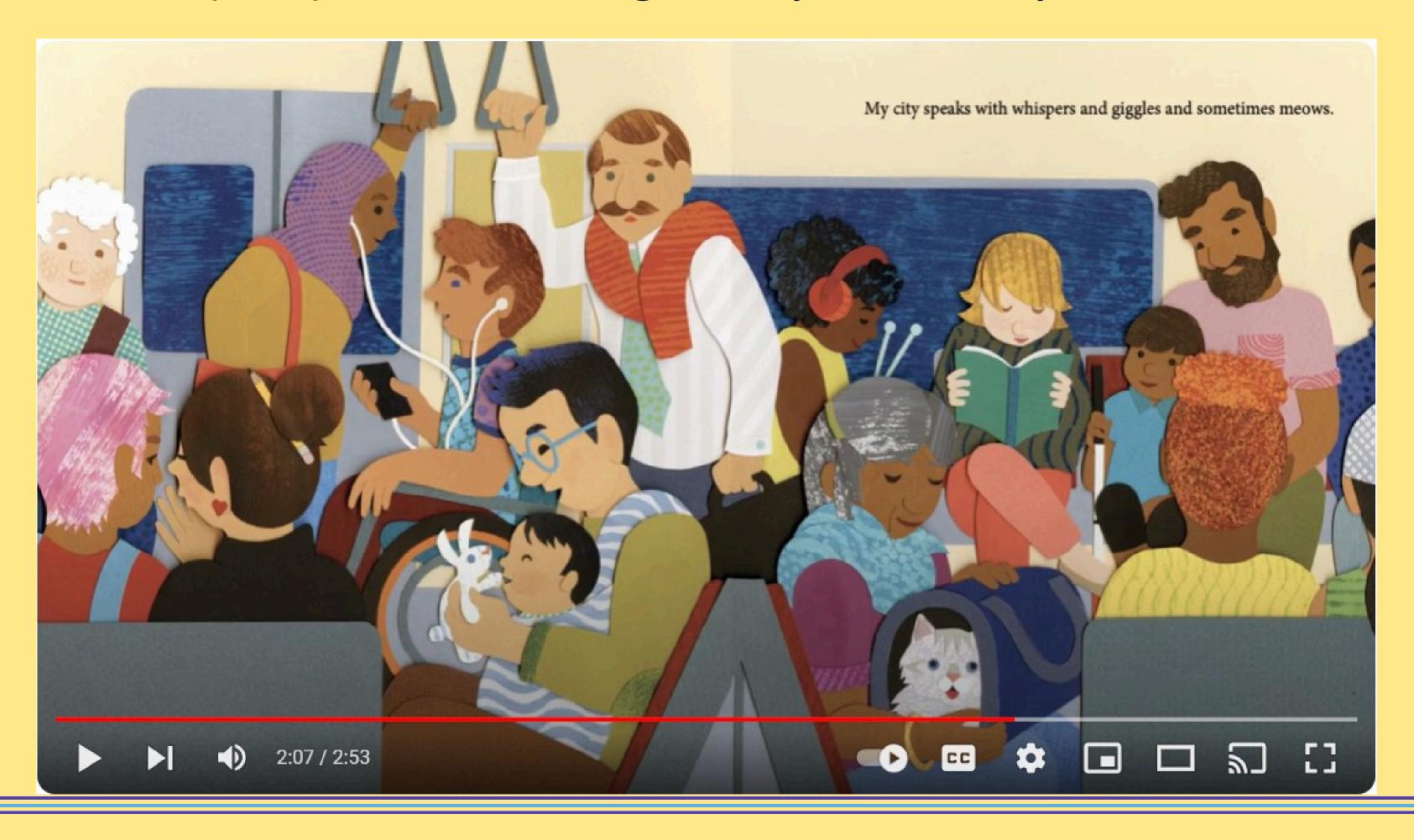




## My City Speaks

## Pause at 2:07 and talk about:

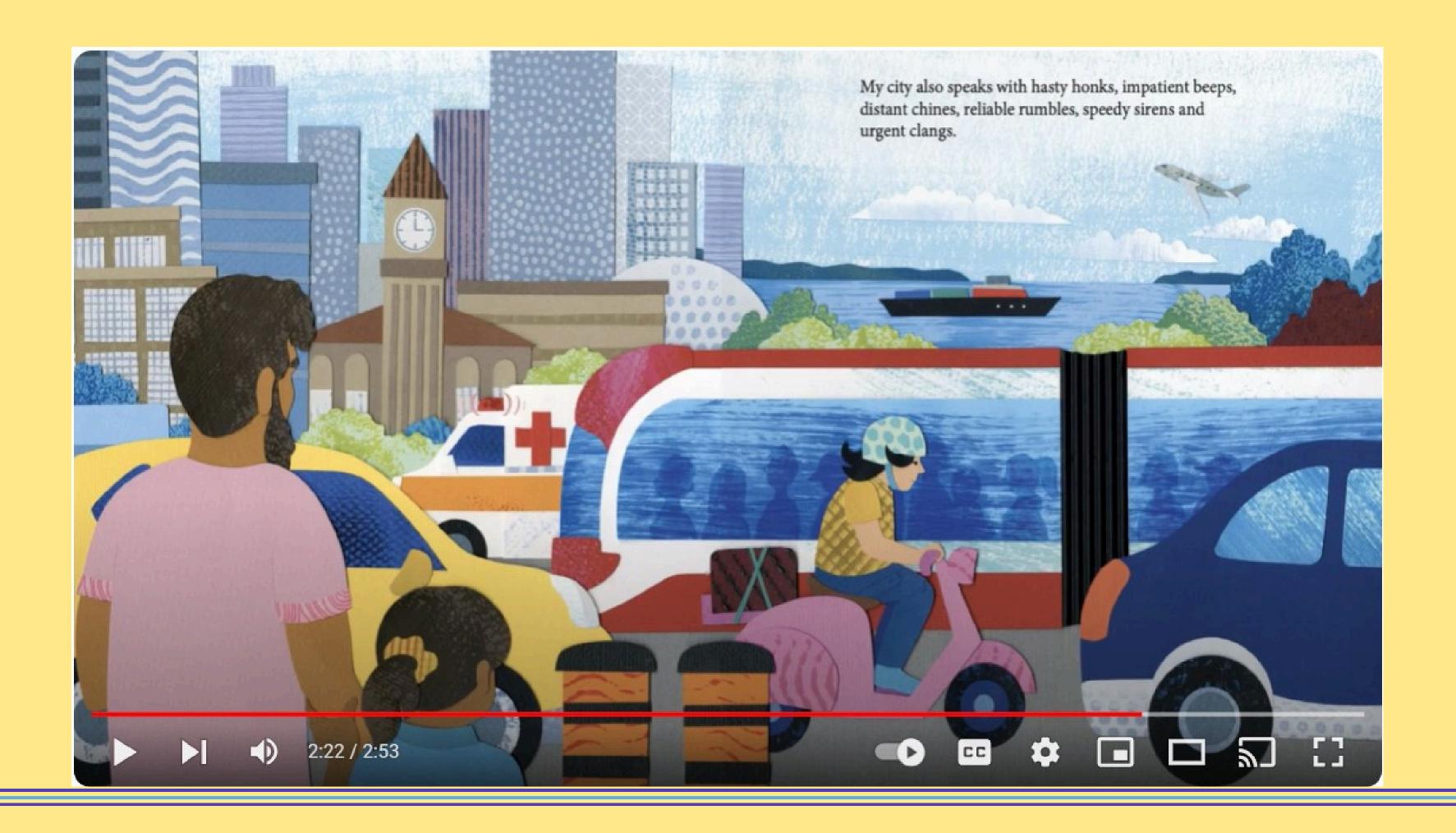
- What might people be listening to on their headphones?
- What sounds could the people on the train hear?
- Would people be talking softly or loudly?



## My City Speaks

## Pause at 2:22 and talk about:

- What different sounds might the girl be able to hear?
- Can you make that sound?



# Your turn to perglorm

Individually or in a small group, compose a short musical piece based on a sound that you might hear every day.

Perform your piece for the class.

The class then guess what your sound is.

You may use items from your area to help create your sounds.



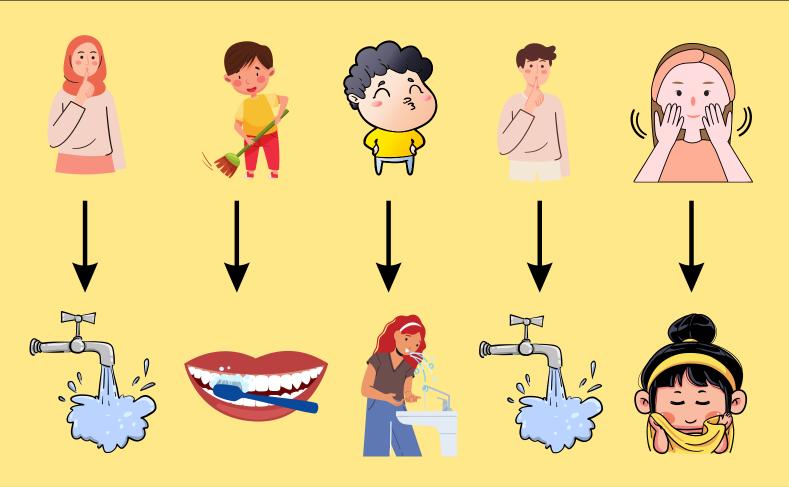
# Sample Scenario: brushing your teeth



- using your mouth, create the "shhh" sound to imitate the tap water running
- 2 rub a broom back and forth on the ground to represent the toothbrush in your mouth
- 3 use your mouth to make the "pah" sound to portray spitting out the toothpaste
- 4) using your mouth, create the "shhh" sound again to imitate the tap water running
- 5 say "pat pat" to represent drying your face and hands

# Sample Scenario: brushing your teeth

Item	Action	Represents	
mouth	create the shhh sound	tap water running	
broom	rub back and forth on the ground	toothbrush brushing against teeth	
mouth	"pah" sound	spitting out toothpaste	
mouth	create the shhh sound	tap water running	
mouth	"pat pat"	drying hands and face	

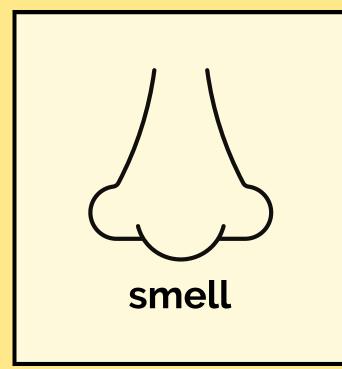


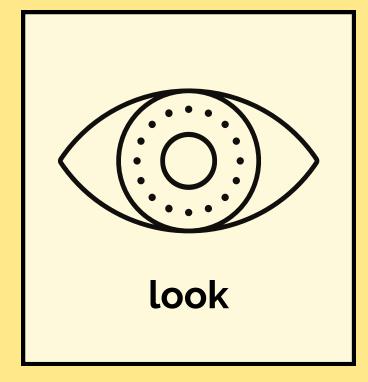
# Activity 5 - Loud Beach

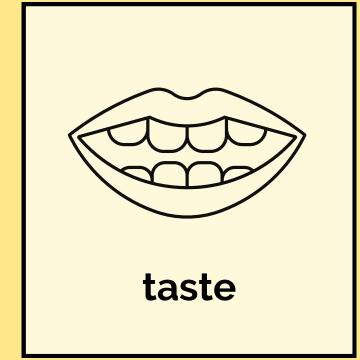
How would you describe the beach? What senses do you use when you are at the beach?

## What does the beach...











...like?

Which sense do you use most at the beach? Why?

This Beach is Loud!

## This Beach is Loud!

Have you ever thought of the beach as loud?
What sounds can you hear at the beach?
Would the beach seem louder/quieter to different people?



## This Beach is Loud!

## Pause at 1:20

What sounds can you see on this page?



## This Beach is Loud!

## Pause at 1:27, 2:49 & 3:50

- What sounds can you see?
- What is making these sounds?
- Would these sounds be:

quiet, loud, frustrating, pleasant, rhythmic, muffled, monotonous, dull or sharp?









# Now it is your turn to make a:

quiet

loud

frustrating

pleasant

rhythmic

muffled

monotonous

dull

sharp

sound!

## **DESCRIPTIVE WORDS**

## Activities

These activities focus on 9 words that can be used to describe sounds.

monotonous rhythmic frustrating pleasant quiet loud muffled dull sharp

There are two activities - both offer a different version.

Activity 1: Match The Sound Activity 2: Draw The Sound

Pick an activity that works best for your students and then read through the <u>definitions</u>.

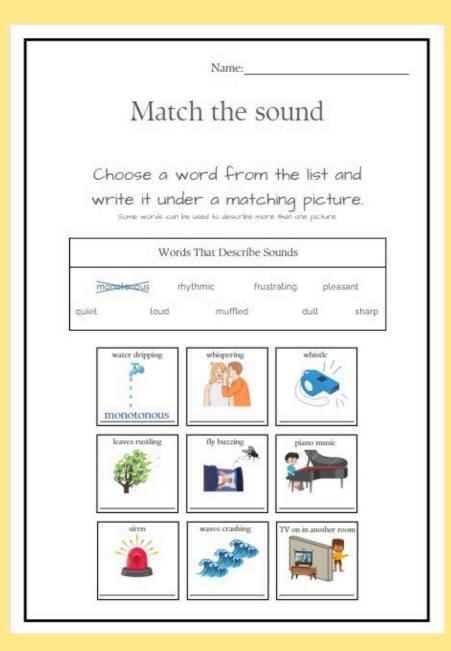
## **Match The Sound**

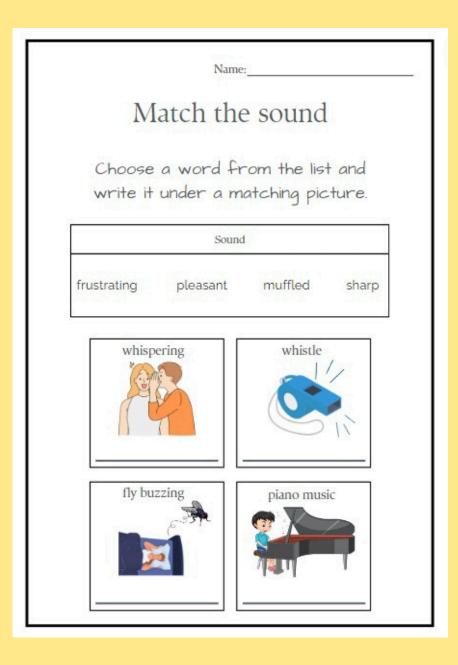
- <u>9-word version</u>
- <u>4-word version (differentiated option)</u>
- <u>9-word answer sheet</u>
- 4-word answer sheet

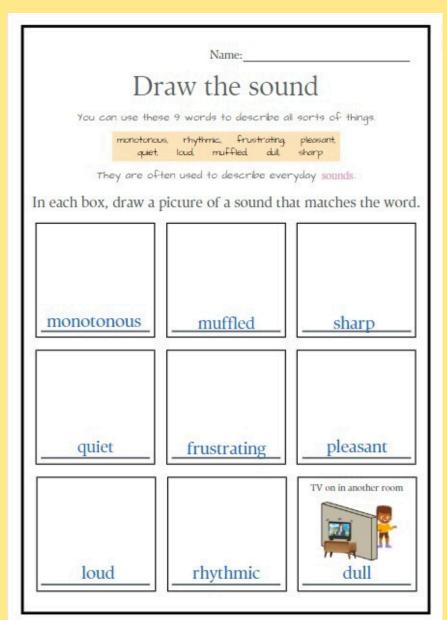
## **Draw The Sound**

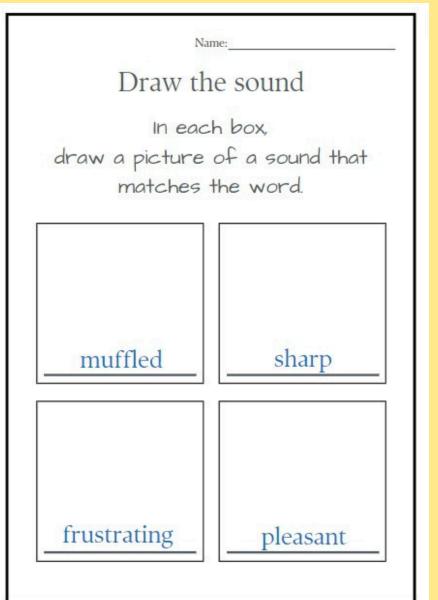
- 9-word version
- <u>4-word version (differentiated option)</u>

Click on the 'Descriptive Words' image above to download the 'Match the Sound' file









# Activity 6 - Music Genres

Here are ten different song genres.

Listen to a snippet of each song.

Which genre do you like the most and least? Why?











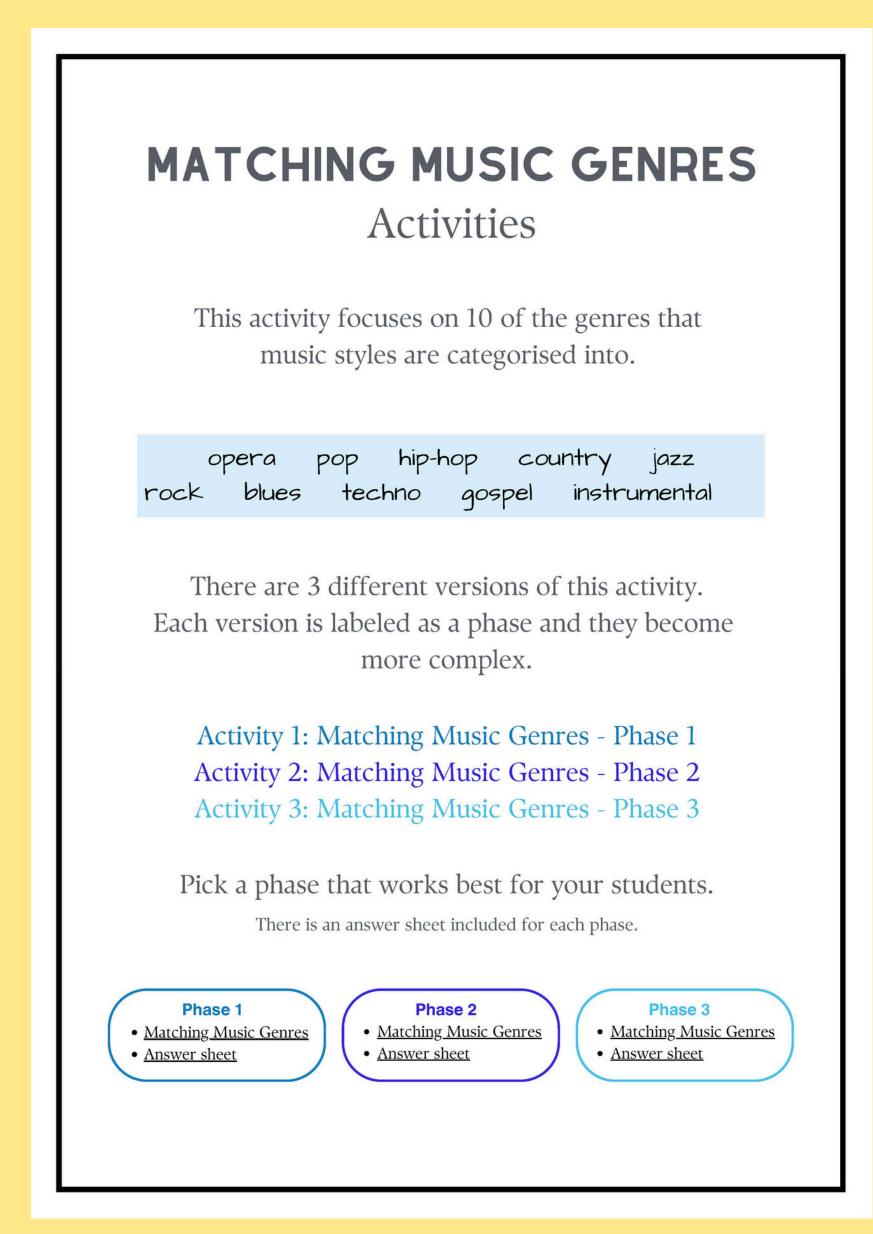




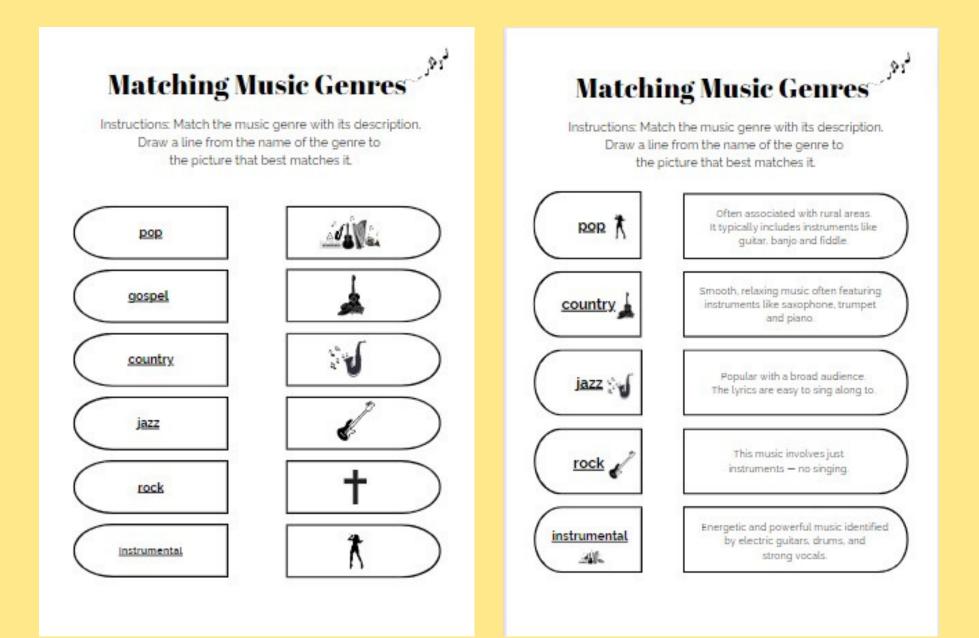


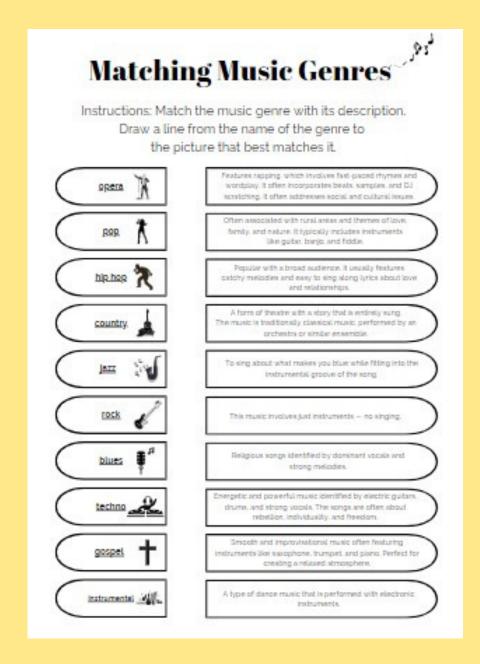






Click on the 'Matching Music Genres' image above to download the file





# Big Idea

Exploring Music and Movement through a Silent Disco.

# Learning Intention

- Students will recognise and respond to different types of music through movement.
- Students will understand how music can be experienced in different ways, including through technology.
- Students will demonstrate basic coordination and rhythmic skills through dance.





## Silent Disco

A Silent Disco is where everybody listens to music on their own wireless headset.



You can choose from different playlists and volume levels, while to the outside world, it is SILENT.

It is an environment where everyone can participate.





## How a Silent Disco Works



a set of headphones.



The headphones are lit up in different colours.



There are different playlists to choose from.



If you don't have headphones, you won't hear any music.



A person operates all the music on a device.

## How a Silent Disco Works



Everyone wears a set of headphones.

The headphones are lit up in different colours due to them being on different playlists.

If you don't have headphones on, you won't hear music.



The music in the headphones is controlled by someone in the room.

That person is in charge of the devices that operate the music.

They select the different playlists for you to choose from.

## **Music Book and Video Suggestions**

Book	Video	Topic
Music Is in Everything : Marley, Ziggy, Jatkowska, Ag	■ Music is in Everything by Ziggy M…	Music
Music Is	■ Music Is (Read-Aloud)	Music
Music, Music for Everyone	■ Music, Music for Everyone read-al	Music
Music is for Everyone : Smith, Sydney, Barber, Jill	■ Reece Reads (Music is for Everyo	Music genres
We are music	■ Musical Storytime - "We Are Music"	Music genres
My Family Plays Music (15th Anniversary Edition): Cox, Judy	■ My Family Plays Music	Music genres and instruments
Hello, World! Music : Mcdonald, Jill	■ Music Written by Jill McDonald   R	Musical instruments
Family Dynamics: Embrace Your Sound : Woodward, Courtney Vowell	🗷 📚 🎼 Kids Book Read Aloud: Fa	Musical instruments
Play This Book: Young, Jessica, Wiseman, Daniel	□ Play This Book	Musical instruments
Music Class Today! : Weinstone, David, Vogel, Vin	■ Music Class Today! Book by Davi	Musical instruments
Never Play Music Right Next to the Zoo : Lithgow	□ 'Never Play Music Right Next to th	Musical instruments
88 Instruments : Barton, Chris	■ 88 Instruments by Chris Barton	Musical instruments
The ABC of Musical Instruments	■ The ABC of Musical Instruments	Musical instruments
Where Are All The Instruments? European Orchestra	■ Where Are All The Instruments?	Musical instruments
Poppy and the Orchestra: Le Huche, Magali	Read Aloud Books for Kids -Popp	Musical instruments
Wild Symphony : Brown, Dan, Batori, Susan	□ A Musical StoryWild Symphony	Musical instruments

I Got the Rhythm	□ I Got the Rhythm   Read Aloud   M	Rhythm
Rhythm Rescue: Weber, Vicky, Viel-Taschereau, Geneviève	□ Rhythm Rescue - Full Book Read	Rhythm
The Song Garden eBook : Weber, Vicky, Mellors, Zoe	□ The Song Garden FULL READ AL	Singing
<u>Tiger Tempo eBook : Weber, Vicky, Viel-Taschereau, Geneviève</u>	■ Tiger Tempo Book reading	Tempo
Lazlo Learns Recorder eBook : Weber, Vicky, Klot, Masha	■ Lazlo Learns Recorder- Full Book	Recorder
Drum City : Guidone, Thea	□ "Drum City" by Thea Guidone - Mr	Drums
Salsa Lullaby : Arena, Jen	□ "Salsa Lullaby" Read Aloud	Dancing
Maya and the Stage Fright eBook : Weber, Vicky, Jasinski, Aleksander	■ Maya and the Stage Fright	Stage fright
Listen: How Evelyn Glennie, a Deaf Girl, Changed Percussion	□ Listen Evelyn Glennie Read Aloud	Deaf musician
Bear and the Piano : Litchfield, David	□ The Bear and the Piano by David	Persisting
When Step Met Skip - Weber, Vicky, Viel-Taschereau, Geneviève	□ "When Step Met Skip" by Vicky W	Reading Music
Forte Moves To Town: Weber, Vicky, Mellors, Zoe	https://www.youtube.com/watch?v=Qdhf c40eZ-g&t=1s	Reading music