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| Steps | Methodogical Aspects | Work Time | Teacher`s  work | Student`s work 1 | Possible Inclusive Measures | Products and expected results | Materials | Working tools |
| Greetings | - | 3 min | Introducing him-/herself | listen and pay attention | - | - | - | - |
| Explaining the structure of the lesson | teaching head-on | 2 min | Using pictures teacher explains the structure of the lesson step by step | listening and watching | Demonstrate what is going to happen during the lesson, anticipation |  | Pictures on the wall |  |
| Phase A  Dividing students in four groups using different notes. | Learning by doing | 3 min | Giving each student one of four different kind of notes (whole note, half note, quarter note, 1/8 note). | Students have to find their own group with similar notes. | In case of blind students there should be notes that you can feel. | - | Note cards |  |
| Phase B  Lenghts of the notes | Learning by doing | 10 min | Showing lenghts of the notes using body percussion.  4/4 note: Jump  ½ note: Steps  ¼ note: Clapping hands  1/8 note: Clapping legs by hands | Practising body percussion in groups.  They try to fit their own body percussion rhythm to the music all together. | Getting help from other students. | Finding and feeling the rhythm of music and body percussions. |  | Music (Vesivehmaan jenkka) and a player. |
| Phase C  Picture orientering | Learning by doing.  Orientering.  Co-operation. | 15 min | Giving intructions:   1. Giving each group five pictures taken from the school yard. 2. Take one hidden egg from each place shown in the picture. 3. Collect five eggs. 4. Come inside with closed eggs. | Finding eggs from the school yard using orientering skills.  Physical exercise. | To feel to be part of the group.  Getting help from his/her own group and/or teacher if needed | To be part of the group.  Feeling successful when finding the eggs. | Plastic eggs where are inside pictures of dancing moves.  Pictures taken in advance from the school yard. | School yard or playground. |
| Phase D  Making dance | Co-operation.  Using different lenghts of notes when they are planning the dance.  Showing the dance to other groups. | 15-20 min. | Giving instructions:   1. Find your own space for practising with your own group. 2. Open the eggs. 3. Make a dance using the pictures from the eggs. 4. Show your dance to the others. | Follow the instructions.  Create their own dance.  Beeing in an audience. | Getting help from his/her own group and/or teacher if needed. | Four different dances. | Pictures from the eggs. | Music (Vesivehmaan jenkka) and a player. |
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