

Lesson Plan for Key Stage 2 Dance

[View/Order Teaching Pack](#)
(contains full printed lesson and CD of all tracks used)

Objectives:

- Gain knowledge & understanding of fitness & health
- Develop movement skills
- Select and apply material
- Improve and evaluate

The 4 Strands of the National curriculum:

- Acquiring and Developing Skills
- Selecting and Applying Skills, Tactics and Compositional Ideas
- Knowledge and Understanding of Fitness and Health
- Evaluating and Improving Performance

Unit Contents:

Week 1: Solo/Duet

Week 2: Whole Class Unison

Week 3: Building Duet

Week 4: Setting Duets

Week 5: Evaluation & Improvements

Week 6: Rehearsal

Tracks Used *(click on links below to audition)*

- ♪ ['Pot Doodles'](#) (Dance Notes Volume 1)
- ♪ ['Make some Noize'](#) (Madmusik library)
- ♪ ['Strange Magic'](#) (Dance Notes Volume 5)
- ♪ ['The One that Got Away'](#) (Madmusik library)
- ♪ ['Papillion'](#) (Dance Notes Volume 2)
- ♪ ['Losing Control'](#) (Madmusik library)
- ♪ ['Time To Consider'](#) (Madmusik library)

To order CDs: please [click here](#)

Building

Week 1: Solo / Duet

[\(order CDs\)](#)

♪ ['Pot Doodles'](#) ♪ ['Make some Noize'](#) ♪ ['Strange Magic'](#)

Starter

Discuss the topic of building, identifying key ideas and words: e.g. scaffolding, bricks, stacking, straight lines, rising-up etc.

Warm up

♪ *'Pot Doodles' (Dance Notes Volume 1)*

Choose movements to go with words from the discussion e.g. bricks, straight lines, building up (try to choose contrasting movements); walk, jog - building to run if safe to do so - waiting for teacher to call out movement words.

Then perform without direction from teacher, deciding when and where to do each movement.

Main

♪ *'Make Some Noize' (Madmusik library)*

A Each choose 4 favourite movements, creating a solo, then evaluate and improve.

D Show and give feedback/appreciation.

E In pairs, create a duet - either by teaching your partner your own moves or simply putting individual movements together

Cool Down

♪ *Track 3 'Strange Magic'*

Consolidate solo in very slow motion.

Key Vocabulary:

Circles, improvisation, evaluation, solo and duet

Week 2: Whole Class Unison

[\(order CDs\)](#)

♪ ['Pot Doodles'](#) ♪ ['Make some Noize'](#) ♪ ['Strange Magic'](#)

Starter

Re-cap last week.

Warm up

♪ *'Pot Doodles' (Dance Notes Volume 1)*

As week 1. Add 2 more movements

Main

♪ *'Make some Noize' (Madmusik library)*

A Create a whole-class unison phrase that travels from left of room to right

B Make 4 lines of pupils on left side of space. Choose 2 lines to start followed by the other two lines to travel across the space (one at a time) using the whole-class phrase and once in a space performing their own duets.

C Share, evaluate and improve

Cool Down

♪ *Track 3 'Strange Magic'*

To consolidate unison section, repeat in slow motion, stretching each movement to cool down.

Key Vocabulary:

Unison, duet, travelling, space

Week 3: Building Duet

[\(order CDs\)](#)

♪ ['The One that Got Away'](#) ♪ ['Make some Noize'](#) ♪ ['Papillion'](#)

Starter

Re-cap last week's work

Warm up

♪ *'The One that Got Away' (Madmusik library)*

As week 2. If someone is close, copy their moves before continuing with own movements.

Main

♪ *'Make some Noize' (Madmusik library)*

A Create a 'building' partner dance. Use each other's bodies to build and move upwards from the floor. Pupils can use lifting and supportive movements

B Perform and evaluate

C Revise last week's work

Cool Down

♪ *Track 5 'Papillion'*

Lay on floor with eyes closed, breath in and tense muscles, on exhalation allow muscles to fall into floor.

Key Vocabulary:

Building, upwards, partners

Week 4: Setting Duets

[\(order CDs\)](#)

♪ ['The One that Got Away'](#) ♪ ['Make some Noize'](#) ♪ ['Papillion'](#)

Warm up ♪ *'The One that Got Away' (Madmusik library)*

Pupils can create a whole class warm-up, linking moves from previous weeks.

Main ♪ *'Make some Noize' (Madmusik library)*

A Re-cap building duets.

B Re-cap dance from previous week.

C Add building duets by choosing half of class to find a space with their "building" partner and perform their duets (group 1), holding their last positions still.

Then the rest (group 2) find a space and perform their building duets. Group 1 then leave and stand on right.

Group 2 perform the unison dance, hold still; then the rest join to perform the unison phrase all together.

Building duets can be shown 3 or 4 at a time, to enable evaluation and sharing time.

Cool Down ♪ *Track 5 'Papillion'*

Repeat warm-up in slow motion, stretching through each movement.

Key Vocabulary:

Building, unison, freeze,

Week 5: Evaluate and Improve

[\(order CDs\)](#)

♪ ['Losing Control'](#) ♪ ['Make some Noize'](#) ♪ ['Time To Consider'](#)

Starter

Discuss weaker parts of dance and which parts need to be improved.

Warm up ♪ *'Losing Control' (Madmusik library)*

Add another two movements to warm-up phrase and perform with lots of energy.

Main ♪ *'Make some Noize' (Madmusik library)*

A Recap the whole dance one section at a time and evaluate.

Cool Down ♪ *'Time To Consider' (Madmusik library)*

Lay on floor with eyes closed, breath in and tense muscles, on exhalation allow muscles to fall into floor.

Key Vocabulary:

Evaluate and Improve

Week 6: Rehearse & Perform

[\(order CDs\)](#)

♪ ['Losing Control'](#) ♪ ['Make some Noize'](#) ♪ ['Time To Consider'](#)

Warm up ♪ *'Losing Control' (Madmusik library)*

Choose a favourite warm-up from previous weeks

Main ♪ *'Make some Noize' (Madmusik library)*

A Rehearse

B Evaluate and improve at least 3 times.

C Perform to another Class.

Cool Down ♪ *'Time To Consider' (Madmusik library)*

Lay on floor with eyes closed, breath in and tense muscles, on exhalation allow muscles to fall into floor.

Key Vocabulary:

Rehearse

Resources

1. Dance Notes music CDs

The following tracks used in this lesson scheme can be found within the *Dance Notes* CD set. If you are viewing this lesson plan online, you can click on any of the links [like this](#) to hear an extract of the music to which the plan has been created. Below you will find links to this unit's CD tracks.

- ♪ ['Pot Doodles'](#) (*Dance Notes Volume 1*)
- ♪ ['Strange Magic'](#) (*Dance Notes Volume 5*)
- ♪ ['Papillion'](#) (*Dance Notes Volume 2*)

To order your CDs, click on the [\(order CDs\)](#) link or visit:

www.dancenotes.co.uk/Tracks.html

Alternatively, complete the attached form and fax your order on 0870 759 8462

2. Dance Notes Teaching Packs

A pre-printed copy of this and all the downloadable Dance Notes lessons are now available for you to own, saving you the need to download, store and print the lessons. Each includes a CD of all the tracks you will need and your first order comes with a free handy binder. Lessons are printed on high quality heavy-grade card, which can be easily slipped from the binder for use in the classroom, then returned for safe storage.

There's also a big saving to be made when you buy any five teaching packs: for details, see the 'multipack' information at:

www.dancenotes.co.uk/printedlessons.html

3. Madmusik library

The tracks below come from the new Madmusik online library, which gives you access to a range of music on demand for a monthly subscription

- ♪ ['Make some Noize'](#)
- ♪ ['The One that Got Away'](#)
- ♪ ['Losing Control'](#)
- ♪ ['Time To Consider'](#)

FAO

Title: First Name/Initials: Surname:

ADDRESS

School/Organisation:

Street:

Town/City:

Post Code:

CONTACT

Tel:

Email:

Required for order confirmation

Items Required

Price/Item

Dance Notes 6-CD set:	<input type="text"/> (No. required)	£89.95
"Building" Teaching pack	<input type="text"/> (No. required)	£29.99
Multi-pack <i>(please list 5 lessons below)</i>	<input type="text"/> (No. required)	89.95

Individual CD: Volume ____ *(specify)* (No. required) £24.99

Postage & handling per order £4.50

Order Total £

Signature: _____ Date: _____

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PLEASE NOTE. If you are making an individual purchase (not through a school, college or other educational establishment), a cheque – payable to B A Madigan – must accompany your order.

Returns will only be accepted in the case of faulty goods. Your details will not be made available to anyone else.