

Lesson Plan for Key Stage 2 Dance

Order Teaching Pack

(contains full printed lesson and CD of tracks used)

Objectives:

- To explore movements whilst responding to given stimuli
- Develop movement vocabulary
- To begin to understand basic composition
- To choreograph with a partner and large group
- To remember a whole class dance.
-

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: Improvisation / Selecting Movement

Week 2: Whole class circuit

Week 3: Unison

Week 4: Group work

Week 5: Finalise Dance

Week 6: Rehearsal

Dance Notes CD Tracks Used *(click on links below to audition)*

♪ ['Ghost in the Machine'](#) (Dance Notes Volume 2)

♪ ['Clouds'](#) (Dance Notes Volume 6)

♪ ['Reaching & Growing'](#) (Dance Notes Volume 6)

♪ ['Anger'](#) (Dance Notes Volume 4)

♪ ['Out of the Unknown'](#) (Dance Notes Volume 2)

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

Week 1: Improvisation

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Clouds'](#) ♪ ['Reaching & Growing'](#)

Starter

Discuss Electricity using pictures, diagrams or coils, wires, circuits, etc.
Choose words for warm-up and decide the type of movement for each word. E.g.
Shock (still and jagged), Lightening (High jump), Cables (lie on floor)

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

Find a space and maintain space whilst walking around the room getting faster and faster until a jog. Teacher to call out movement words looking for good original moves to model.

Main ♪ *'Clouds' (Dance Notes Volume 6)*

- A** All pupils find a partner. Partner "A" stands along the right side of Hall, the other stands far away opposite them. As if drawn by a magnet travel to partner using different body parts to lead the movement. Ensure it is clear which body part is leading.
- B** When all pupils arrive in middle making contact with partner, at the same time everyone jumps with arms up and falls to floor away from partner.
- C** One Pupil to stand and make a large shape, one by one the rest of the class follow, making sure all still shapes are different, thinking about contrasting levels.

Cool Down ♪ *'Reaching & Growing' (Dance Notes Volume 6)*

Full body stretch laying on floor. Breathe in whilst tensing all muscles, relax whilst breathing out.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, improvise

Week 2: Whole Class Circuit

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Clouds'](#) ♪ ['Anger'](#) ♪ ['Reaching & Growing'](#)

Starter

Discuss last week's lesson.

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

As last week. Add 2 more movements

Main ♪ *'Clouds' (Dance Notes Volume 6)*

A Re-cap dance so far.

B ♪ *'Anger' (Dance Notes Volume 4)*

When all are still in the circuit, one person will start a shock-like movement and keep moving until in a space, then the next - and so on, until everyone is in a space.

C When the last person is shocked they stand still at the front in a lightening position. Everyone is suddenly still in a lightening position.

Cool Down ♪ *'Reaching & Growing' (Dance Notes Volume 6)*

As last week.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon

Electricity

Week 3: Unison

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Clouds'](#) ♪ ['Anger'](#) ♪ ['Out of the Unknown'](#) ♪ ['Reaching & Growing'](#)

Starter

Discuss last week's lesson

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

As last week. Add a floor movement and another jump.

Main ♪ *'Clouds' (Dance Notes Volume 6); 'Anger' (Dance Notes Volume 4)*

A Re-cap dance so far.

B When the last person is shocked they stand still at the front in a lightening position. Everyone is suddenly still in a lightening position.

C ♪ *'Out of the Unknown' [intro] (Dance Notes Volume 2)*

Choose 4/5 pupils to select one move each that the whole class can do together, at the same time.

Cool Down ♪ *'Reaching & Growing' (Dance Notes Volume 6)*

As last week; trying to include positions that are in the warm-up.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison

Electricity

Week 4: Group Work

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Out of the Unknown'](#) ♪ ['Reaching & Growing'](#)

Starter

Discuss last week's lesson.

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

As last week. Can the class link the movements together creating a warm-up phrase.

Main ♪ *'Out of the Unknown' (Dance Notes Volume 2)*

A In groups of 4 create a circuit group.

B 2 groups at a time to show rest of class and receive evaluations from rest of class.

Cool Down ♪ *'Reaching & Growing' (Dance Notes Volume 6)*

As last week; trying to include positions that are in the warm-up.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate

Week 5: Finalise Dance

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Clouds'](#) ♪ ['Anger'](#) ♪ ['Out of the Unknown'](#) ♪ ['Reaching & Growing'](#)

Starter

Discuss last weeks lesson.

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

As last week.

Main ♪ *'Clouds' (Dance Notes Volume 6);* ♪ *'Anger' (Dance Notes Volume 4);*

♪ *'Out of the Unknown' (Dance Notes Volume 2)*

A Re-cap whole of dance and space the groups in a semi circle. Starting from the left one by one each circuit group executes their dance.

B 2 groups at a time to show rest of class and receive evaluations from rest of class.

Cool Down ♪ *'Reaching & Growing' (Dance Notes Volume 6)*

In groups of 6 designate one person to lead a cool down.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate

Week 6: Rehearse & Perform

[\(order CDs\)](#)

♪ ['Ghost in the Machine'](#) ♪ ['Clouds'](#) ♪ ['Anger'](#) ♪ ['Out of the Unknown'](#)

Starter

Discuss whole of dance so far. Introduce performance skills e.g. focus, clarity of movement, etc and discuss weaker parts of the dance.

Warm up ♪ *'Ghost in the Machine' (Dance Notes Volume 2)*

Choose any of above

Main ♪ *'Clouds' (Dance Notes Volume 6)*
♪ *'Anger' (Dance Notes Volume 4)*
♪ *'Out of the Unknown' (Dance Notes Volume 2)*

A Rehearse

B Evaluate & Improve

C Perform

Cool Down

With straight legs hang torso forward relaxing neck and shoulders towards the floor.

Key Vocabulary:

Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate, rehearse, perform

Resources

1. Dance Notes music CDs

All the music you will need to deliver this and other lessons from the free online library 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 tracks.

♪ ['Ghost in the Machine'](#) (*Dance Notes Volume 2*)

♪ ['Clouds'](#) (*Dance Notes Volume 6*)

♪ ['Reaching & Growing'](#) (*Dance Notes Volume 6*)

♪ ['Anger'](#) (*Dance Notes Volume 4*)

♪ ['Out of the Unknown'](#) (*Dance Notes Volume 2*)

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

www.brianmadigan.com/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

Dance Notes Order

Ref. (optional):

FAO

Title:

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
"Electricity" 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: _____

Please post your order to the address below or fax on 0870 759 8462

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.