

Lesson Plan for Key Stage 2 Dance

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[\(contains full printed lesson and CD of all tracks used\)](#)

Objectives:

- Explore movements whilst responding to given stimuli
- Develop movement vocabulary
- Begin to understand basic composition
- Choreograph with a partner and large group
- 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: Growing Solo and Duet

Week 2: Roots

Week 3: Unison

Week 4: Farming Group

Week 5: End of Dance

Week 6: Evaluate / Improve & Rehearse

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

- ♪ [Volume 1 Track 10 "Aztec"](#)
- ♪ [Volume 1 Track 8 "Spirits of the Forest"](#)
- ♪ [Volume 1 Track 7 "Exodus"](#)
- ♪ [Volume 5 Track 1 "The Chase"](#)

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

Week 1: Growing Solo & Duet

♪ [Volume 1 Track 10](#) ♪ [Volume 1 Track 8](#)

[\(order CDs\)](#)

Starter

Discuss the type and quality of movements used for growing. E.g. soft, light, curving, entwining, etc.

Warm up

Volume 1 Track 10 "Aztec"

Improvise growing movements from a seed position. Encourage different body parts to lead the movements, and try to alter directions.

Main

- A** Select a seed shape and perform a growing solo until as tall as possible.
- B** With a partner, create a duet using growing movements but entwining with a partner, maybe using lifts and supports.
- C** Half the class show and evaluate their work.
- D** Practice solo, all spin to partner and perform duet.

Cool Down

Volume 1 Track 8 "Spirit of the Forest"

Reverse warm-up. Begin tall and slowly move to a small shape.

Key Vocabulary:

Light, upwards, soft & entwining.

Week 2: Roots

♪ [Volume 1 Track 10](#) ♪ [Volume 1 Track 8](#)

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Starter

Re-cap improvisation from last week and Growing Duets.

Discuss the shapes and movements of roots and how they differ from stems. E.g. strong and angular.

Warm up

Volume 1 Track 10 "Aztec"

Whole class improvise strong, reaching downward movements.

Main

Volume 1 Track 10 "Aztec"

A Rehearse solo and duet.

B Consolidate Roots by making contact 3 times with anyone in the class using any part of the body, then whole class connect in the centre and hold still.

C Rehearse whole of dance so far.

Cool Down

Volume 1 Track 8 "Spirit of the Forest"

Reverse warm-up. Begin tall and slowly move to a small shape.

Key Vocabulary:

Light, upwards, soft, entwining, strong, angular and downwards.

Week 3: Unison

♪ [Volume 1 Track 10](#) ♪ [Volume 1 Track 8](#)

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Starter

Discuss the dance so far.

Warm up

In twos, one person holds out their hand and their partner has to touch the hand; both partners alternate hands. The pupil leading has to increase speed and distance until their partner is challenged and out of breath.

Main

Volume 1 Track 10 "Aztec"

A Rehearse whole of dance so far.

B Choose one pupil at a time to select a growing move in order to create a whole-class unison section.

(Whole class to perform together at the same time.)

C Rehearse whole of dance: solo, duet, roots and unison.

Cool Down

Volume 1 Track 8 "Spirit of the Forest"

As warm-up but in slow motion, stretching through each position. Partner can help extension of movement.

Key Vocabulary:

Light, upwards, soft, entwining, strong, angular, downwards, unison.

Week 4: Farming Group

♪ [Volume 1 Track 7](#) ♪ [Volume 1 Track 8](#)

[\(order CDs\)](#)

Starter

Discuss farming movements: digging, lifting, ploughing, seeding, etc.

Warm up *Volume 1 Track 7 "Exodus"*

Begin in a space and choose an interesting start position. Improvise the discussed movements remembering to alter direction, levels and speed.

Main *Volume 1 Track 7 "Exodus"*

- A** In groups of four, number each member. Take in turns to choreograph one farming movement. Director has to decide on formation, level and timing of movement.
- B** Each group to share and receive evaluations.
- C** After improvements have been made all groups to get in to their start positions. Two groups at a time to perform and hold last position still.

Cool Down *Volume 1 Track 8 "Spirit of the Forest"*

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

Key Vocabulary:

Light, upwards, soft, entwining, strong, angular, downwards, unison, choreograph, direct..

Week 5: Finale

♪ [Volume 5 Track 1](#) ♪ [Volume 1 Track 10](#) ♪ [Volume 1 Track 7](#) ♪ [Volume 1 Track 8](#) [\(order CDs\)](#)

Starter *Volume 5 Track 1 "The Chase"*

Whole class to jog around the room, constantly changing direction and avoiding others. Teacher calls: '1' = jump, '2' = both hands touch the floor, '3' = big, wide turn. More commands can be added.

Main *Volume 1 Track 10 "Aztec"*

Volume 1 Track 7 "Exodus"

A Re-cap whole of dance so far.

B *Volume 1 Track 8 "Spirit of the Forest"*

Class may like to repeat one of the sections to end or group by group melt and roll into middle and repeat growing solos in a small cluster.

Cool Down

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

Key Vocabulary:

Light, upwards, soft, entwining, strong, angular, downwards, unison, choreograph, direct, melt.

Week 6: Evaluate, Improve & Perform

♪ [Volume 5 Track 1](#) ♪ [Volume 1 Track 10](#) ♪ [Volume 1 Track 7](#) ♪ [Volume 1 Track 8](#) [\(order CDs\)](#)

Starter

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

Warm up

Choose a favourite from previous warm-ups

Main

Volume 1 Track 10 "Aztec"

Volume 1 Track 7 "Exodus"

Volume 1 Track 8 "Spirit of the Forest"

A Rehearse

B Evaluate & Improve

C Perform

Cool Down

Volume 1 Track 8 "Spirit of the Forest"

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

Key Vocabulary:

Light, upwards, soft, entwining, strong, angular, downwards, unison, choreograph, direct, melt, clarity of movement and focus.

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.

- ♪ [Volume 1 Track 10 "Aztec"](#)
- ♪ [Volume 1 Track 7 "Exodus"](#)
- ♪ [Volume 1 Track 8 "Spirits of the Forest"](#)
- ♪ [Volume 5 Track 1 "The Chase"](#)

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

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