

Lesson Plan for Key Stage 2 Dance

Order Teaching Pack

(contains full printed lesson and CD of tracks used)

Objectives:

- Compose within small groups and with a partner
- Perform dance with control
- Select & apply movements within rhythmic and spatial patterns
- Begin to understand that dances reflect cultural and historical context
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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: Introduction to Tudor Dances

Week 2: Unison

Week 3: Setting the Dance

Week 4: Evaluate & Improve

Week 5: Performance Skills

Week 6: Rehearse & Perform

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

♪ ["Arthur's Feast"](#) (Dance Notes Volume 3)

♪ ["Banquet Dance"](#) (Dance Notes Volume 1)

♪ ["Promenade"](#) (Madmusik library)

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

Week 1: Introduction to Tudor Dances

[\(order CDs\)](#)

♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter ♪ "*Arthur's Feast*" (*Dance Notes Volume 3*)
 ♪ "*Banquet Dance*" (*Dance Notes Volume 1*)

Listen to the music and imagine being in a banquet Hall in Tudor times. What types of movement would you make? How would you be able to move in the costume worn in that time?

Warm up ♪ "*Arthur's Feast*" (*Dance Notes Volume 3*)

Create warm-up using movement ideas from the discussion.

E.g.: Stand alone facing front with hands by your side, slightly bend knees, look at floor then look up, walk forward 3 steps and feet together, 3 steps back and feet together. Look right, look left.

Swords were often worn by men and women wore long skirts, if we imagine this, how does it alter the quality of our movement? What hand gestures can we add?

Main ♪ "*Banquet Dance*" (*Dance Notes Volume 1*)

A Begin by facing a partner and create a Duet consisting of 4 moves each. Use any of the moves already chosen by class or create own.

Can we perform any of the movements low or high?
Can we make the movements bigger?
Partners can move in unison or 'call & response'.

B Watch three or four groups at a time.

Praise good movement ideas, good use of levels and clear movements.

C After feedback. Evaluate and improve duets.

Cool Down ♪ "*Promenade*" (*Madmusik library*)

Consolidate warm-up by repeating in slow motion.

Key Vocabulary:

analyse, interpret, gesture, duet, unison, question & answer

Week 2: Unison

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♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter

Re-cap last lesson.

Warm up ♪ "[*Arthur's Feast*](#)" (*Dance Notes Volume 3*)

Can we add more movements to our warm-up?

E.g. turns, jumps, sword movements.

Main ♪ "[*Banquet Dance*](#)" (*Dance Notes Volume 1*)

A Create a floor pattern around the hall.

E.g. a whole-class circle, with boys on the outside, girls on the inside; finding a partner and holding hands or linking arms, moving closer and away from each other, in rows of 8 or 4 and performing in perfect unison.

B Revise partner dance from last week.

C Can we travel from the whole-class formation to a space with our partner to perform duet to end the lesson?

Cool Down ♪ "[*Promenade*](#)" (*Madmusik library*)

Consolidate warm-up by repeating in slow motion; can the movements be extended and stretched?

Key Vocabulary:

duet, unison, repetition, travelling, turn, jump.

Week 3: Setting the Dance

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♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter

Re-cap last lesson.

Warm up ♪ "[*Arthur's Feast*](#)" (*Dance Notes Volume 3*)

Perform the warm up from last week together and then develop by travelling (skipping, galloping, leaping) into different spaces and performing in our own time.

Main ♪ "[*Banquet Dance*](#)" (*Dance Notes Volume 1*)

A Re-cap formations made last week.

B Whole class to decide on a travelling movement that results in partners being either side of the Hall.

C Each partner stands either side of the room facing their partner. When everyone is ready, travel to partner. Wait until everyone is still in start position before beginning duets. Hold end positions still.

Cool Down ♪ "[*Promenade*](#)" (*Madmusik library*)

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

Key Vocabulary:

communication, gesture, unison, repetition, action & reaction, question & answer, travelling, skip, gallop, leap.

Week 4: Evaluate & Improve

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♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter

Re-cap last lesson.

Warm up ♪ "[*Arthur's Feast*](#)" (*Dance Notes Volume 3*)

Repeat last week's warm-up and set to 24 counts

Main ♪ "[*Banquet Dance*](#)" (*Dance Notes Volume 1*)

A In fours, create a group dance using any of the movements used before. Develop movements by using changes of level, speed, direction and formation.

B Each group teams up with another to share and evaluate each other's work and improve.

Cool Down ♪ "[*Promenade*](#)" (*Madmusik library*)

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

Key Vocabulary:

evaluation, communication, gesture, unison, repetition, action & reaction, question & answer, level, speed, direction, formation

Week 5: Performance Skills

[\(order CDs\)](#)

♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter

Re-cap last lesson.

Warm up ♪ "[*Arthur's Feast*](#)" (*Dance Notes Volume 3*)

Repeat 24-count warm-up

Main ♪ "[*Banquet Dance*](#)" (*Dance Notes Volume 1*)

A Re-cap group dances from last lesson.
Add to dance.

B Discuss performance skills, intention and meaning, high-quality performance.

C Practise and whole class evaluate & improve.

Cool Down ♪ "[*Promenade*](#)" (*Madmusik library*)

Stand and take deep breath and hang torso over straight or slightly bent legs.
Bend legs and come to stand and repeat.

Key Vocabulary:

performance, intention, quality, evaluate

Week 6: Rehearse & Perform

[\(order CDs\)](#)

♪ "[Arthur's Feast](#)" ♪ "[Banquet Dance](#)" ♪ "[Promenade](#)"

Starter

Re-cap structure of dance; discuss high-quality dance and performance skills.

Warm up ♪ "[*Arthur's Feast*](#)" (*Dance Notes Volume 3*)

Lasting 24 counts.

Main ♪ "[*Banquet Dance*](#)" (*Dance Notes Volume 1*)

A Rehearse Dance

B Teacher to evaluate. Rehearse

C Whole class evaluate & improve.

D Perform whole dance.

Cool Down ♪ "[*Promenade*](#)" (*Madmusik library*)

Stand and take deep breath and hang torso over straight or slightly bent legs.

Bend legs and come to stand and repeat.

Key Vocabulary:

evaluate, rehearse, improve, perform

Resources

1. Dance Notes music CDs

Most of the music you will need to deliver this and other lessons from the 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.

♪ ["Arthur's Feast"](#) (*Dance Notes Volume 3*)

♪ ["Banquet Dance"](#) (*Dance Notes Volume 1*)

♪ ["Promenade"](#) (*Madmusik library*)

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. Madmusik audio library

As new tracks are produced, these are now being added to the Madmusik audio library. For a small subscription, you can have full access to these and all the lessons, with unlimited downloads and the possibility to claim a free set of Dance Notes CDs. For further information, go to:

www.dancenotes.co.uk/subscribe.html

3. 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/lessons.html

Dance Notes Order

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