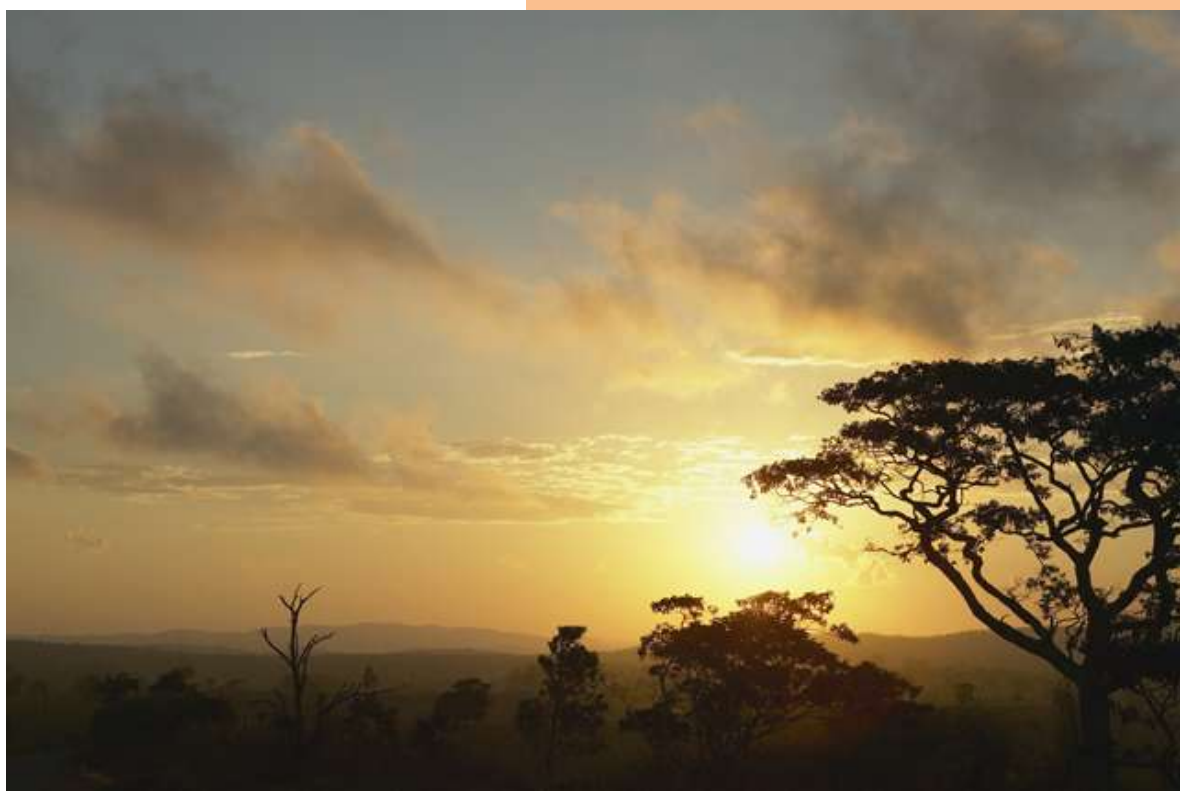


dance notes lesson plans

Key Stage 2

African Greetings



by Michelle Rochester

Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

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Objectives:

- Explore African-influenced movement
- Practice different ways of moving using step patterns
- Explore simple duet work
- Develop and practice a group circle dance
- Develop movement vocabulary

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: 'Introducing arm movements and levels'

Week 2: 'Groups and Duets'

Week 3: 'Mirror and Circle'

Week 4: 'Linking Movements'

Week 5: 'Group Circle Dance'

Week 6: 'Perform and Review'

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

- ◀ ['Chant'](#) (Dance Notes Volume 2)
- ◀ ['African Greetings'](#) (Dance Notes Volume 2)
- ◀ ['Celebration'](#) (Dance Notes Volume 2)
- ◀ ['Awakening'](#) (Dance Notes Volume 2)

Week 1: Introducing Arm Movements and Levels

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Warm up ◀ ['Chant'](#)

Facing front, use scooping action to lift the arms in a parallel position above the head, then drop. Repeat several times to fit with the music. Then with the music:

- Stamp on the spot.
- Travel with steps: forward, backwards, left-side, right-side.
- Repeat with small jogging steps;
- repeat with long jogging steps

Main ◀ ['African Greetings'](#)

A Divide class into groups of 4 to 6

Working in a circle, create an introduction arm movement.

Create a stepping movement for each of the following:

- I. move on the spot
- II. travel clockwise
- III. travel anticlockwise
- IV. travels into the centre and out

Encourage use of arms and different levels

B Each pupil partners-up with someone within their group and work in own space. Create a phrase of movement where the two move towards each other and then either a) mirror each other or b) one travels around the other

C Perform duets and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down ◀ ['Awakening'](#)

Stand the whole class in one circle. Repeat the scooping and dropping action for the arms (from the warm up) 3 times. On the fourth repeat, hold the arms in a parallel stretch above the head. Lower the arms

Key Vocabulary:

Stamp, step, circle, mirror

Week 2: Groups and Duets

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Warm up ◀ ['Chant'](#)

As Lesson 1

Main ◀ ['African Greetings'](#)

A Review phrases produced in A and B from lesson 1.

B Groups decide on order for the duets to be performed. Practice through duets in order. Other members of the group remain in a circle and mark time on the spot with small steps. End duet by returning to the circle

Encourage use of arms and different levels within duets

C Practice group phrase, going into duets, others maintaining the circle and marking time. Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down ◀ ['Awakening'](#)

As Lesson 1

Key Vocabulary:

Stamp, step, circle, mirror, group, duet

Week 3: Mirror and Circle

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Warm up ◀ ['Chant'](#)

As lesson 1

Main ◀ ['African Greetings'](#)

A Review group introduction and duets from lesson 2

B ◀ ['Celebration'](#)

In new pairs, children create a second phrase of movement where the two move towards each other and then either a) mirror each other or b) one travels around the other

Where a pair did 'a' before, they should now do 'b' and vice versa

C Perform and review, as before maintaining the circle, each pair ending back in the circle after their duet.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down ◀ ['Awakening'](#)

As lesson 1

Key Vocabulary:

Stamp, step, circle, mirror, group, duet, variation

Week 4: Linking Movements

[Download Lesson](#)

Warm up ◀ ['Chant'](#)

As lesson 1

Main ◀ ['African Greetings'](#)

◀ ['Celebration'](#)

- A** Review the group intro and both sets of duets from lesson 3
- B** Find a new group phrase, working in a different formation, with an introduction arm movement and stepping movements:
- I. on the spot
 - II. travelling clockwise
 - III. travelling anticlockwise
 - IV. travelling into the centre and out
- C** Perform and review the new phrase, going into the second set of duets. Practice both together with the music, i.e. group circle - duets 'a' - group formation - duets 'b'.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down ◀ ['Awakening'](#)

As lesson 1

Key Vocabulary:

Stamp, step, circle, mirror, group, duet, variation, linking

Week 5: Group Circle Dance

[Download Lesson](#)

Warm up ◀ ['Chant'](#)

As lesson 1

Main ◀ ['African Greetings'](#)

◀ ['Celebration'](#)

A Review work from lessons 4 (both group phrases, into duets). Practice both together with the music

B ◀ ['African Greetings'](#)

Bring the whole class together facing front to create a phrase that uses the elements of the group circle dances, all performing an introductory arm movement, then:

- I. Stamping on the spot
- II. travelling clockwise
- III. travelling anticlockwise
- IV. travelling into the centre and out

Remember to encourage use of arms and different levels throughout

C Each group finds a way to travel to their respective circle, using jogging steps as in the warm-ups.

Practice the whole-group dance, moving into the individual group phrases

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down ◀ ['Awakening'](#)

As lesson 1

Key Vocabulary:

Stamp, step, circle, mirror, group, duet, variation, linking, travelling

Week 6: Perform and Review

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Warm up ◀ ['Chant'](#)

As lesson 1

Main ◀ ['African Greetings'](#)

◀ ['Celebration'](#)

A Children practise and rehearse the whole-group circle dance and their group phrases/duets.

If time permits, they may wish to travel back to the whole-group circle and finish with a final arm gesture.

B Each group performs their individual circle-phrases and duets for the rest of the class

C For each performance, children identify:

- 1 thing that they like
- 1 thing to improve

D Perform whole dance to finish

Cool Down ◀ ['Awakening'](#)

As lesson 1

Key Vocabulary:

Stamp, step, circle, mirror, group, duet, variation, linking, travelling, performance