

dance notes lesson plans

Key Stage 2

Battle of Troy



By Michelle Rochester

Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

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Objectives:

- Explore movements whilst responding to a given stimulus
- Develop movement vocabulary
- Create dance within a duet and large group
- Begin to develop compositional skills
- Remember a set 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: Fighting Duets

Week 2: Whole Class Hiding in Wall

Week 3: Celebrations & Building a Trojan Horse

Week 4: Rehearsal of Dance

Week 5: End of Dance

Week 6: Performance skills

Tracks Used

- ◀ ["Drum Talk"](#) (Dance Notes Volume 4)
- ◀ ["Elephant Drive"](#) (Dance Notes Volume 4)
- ◀ ["The Masque"](#) (Dance Notes Volume 6)
- ◀ ["Kingdom of the Fairies"](#) (Dance Notes Volume 4)

Week 1: Fighting Duets

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Starter

Discuss types of movements made when the Greeks & Trojans meet. Choose three words to form the basis of a warm-up, e.g. defending, striking, hiding, etc. Decide if movements will be static or travelling, low or high. Encourage changes in movements, level and direction.

Warm up ◀ ["Drum Talk"](#)

Begin by walking and eventually jogging around the space until teacher calls out chosen words.

Choose a group of pupils to demonstrate high-level performance of original movements, class to improvise again.

Main ◀ ["Elephant Drive"](#)

A In pairs, create a fighting dance without making contact. Discuss how larger movements with no contact are more effective.

B Share fighting duets in groups of three pairs. Class give feedback and suggestions for improvements.

C Improve and perform all together at end of session.

Cool Down ◀ ["Kingdom of the Fairies"](#)

Repeat the warm-up but in slow motion.

Key Vocabulary:

attacking, defending, hiding, space, level

Week 2: Whole Class Hiding in Wall

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Starter

Discuss dance that was create last week with partners.

Warm up ◀ ["Drum Talk"](#)

Same as last week.

Main ◀ ["Elephant Drive"](#)

A *Teacher to direct.*

One person from each pair to create a wall at the back of the hall.
The other partner to hide in the gaps of the wall.

B When all are still, the hiding partners slowly move into a space and get into their start position of the fighting duet.

C Wall partners use striking movements to travel to their partner and perform fighting duets. This can be done in groups or half the class at a time.

D Rehearse whole dance so far. Focus on performance skills, clarity of movements and stillness.

Cool Down ◀ ["Kingdom of the Fairies"](#)

Same as last week.

Key Vocabulary:

attacking, defending, hiding, space, level

Week 3: Celebrations & Building a Trojan Horse

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Starter

Discuss dance so far.

Discuss and formulate ideas for a celebration dance and how to build a horse that can hide soldiers whilst travelling around.

Types of movements: *for celebration - light and joyful.*
 for building - heavy, hard

Divide class into three groups - two groups for celebration, one group for horse. Allow them to discuss and begin creating a celebration dance, work out how to build the horse and hide people inside and hopefully travel around the room.

Main

A ◀ ["Elephant Drive"](#)

Go back to last fighting duet last positions and decide how pupils will travel to their new groups.

B ◀ ["The Masque"](#)

Space out the three groups. Have the two celebration groups performing first and then remain still in their last position. When they have finished allow the Horse group to perform.

Cool Down ◀ ["Kingdom of the Fairies"](#)

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

Key Vocabulary:

attacking, defending, hiding, space, level, light, joyful, heavy, hard

Week 4: Rehearsal of Dance

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Discuss dance so far.

Warm up ◀ ["Drum Talk"](#)

Circle through joints beginning with shoulders down to ankles.
Select four large circles and perform faster and bigger.

Main ◀ ["Elephant Drive"](#)

◀ ["The Masque"](#)

A Re-cap whole of dance so far.

B Rehearse

C Whole class evaluate and rehearse again.

Cool Down ◀ ["Kingdom of the Fairies"](#)

Repeat warm-up but in slow motion, stretching through each position

Key Vocabulary:

attacking, defending, hiding, space, level, light, joyful, heavy, hard, clarity of movement

Week 5: End of Dance

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Starter

Discuss dance so far and think of a potential ending.

Warm up ◀ ["Drum Talk"](#)

Circle through joints beginning with shoulders down to ankles.

Remember 4 Large circles already created and add 2 more, 1 that is on floor and 1 with a jump.

Main ◀ ["The Masque"](#)

A Choose 1 pupil to knock on the door of the horse.

B Sides of horse drop to the floor. Soldiers inside jump up or out of horse.

C Celebration groups jump and drop to the floor.

D sides of horse jump up in a fighting position along with soldiers facing the celebration groups, then move through the celebration groups with strong fighting movements. The celebration groups can slowly fall to the floor, leaving the soldiers triumphant.

E Rehearse dance from beginning through to the end

Cool Down ◀ ["Kingdom of the Fairies"](#)

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

Key Vocabulary:

attacking, defending, hiding, space, level, light, joyful, heavy, hard, clarity of movement

Week 6: Performance skills

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Starter

Discuss performance skills. Focus, clarity of movement, energy and effort.

Warm up ◀ ["Drum Talk"](#)

As last week.

Main ◀ ["Elephant Drive"](#)

◀ ["The Masque"](#)

A Rehearse

B Evaluate and Improve

C Perform

Cool Down ◀ ["Kingdom of the Fairies"](#)

As last week.

Key Vocabulary:

attacking, defending, hiding, space, level, light, joyful, heavy, hard, clarity of movement, focus, clarity of movement, energy and effort