

**dance notes** lesson plans

# Key Stage 2

## Building



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Dance

Key Stage 2

## Lesson Plan for Key Stage 2 Dance

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#### Objectives:

- Gain knowledge & understanding of fitness & health
- Develop movement skills
- Select and apply material
- Improve and evaluate

#### 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: Solo/Duet

Week 2: Whole Class Unison

Week 3: Building Duet

Week 4: Setting Duets

Week 5: Evaluation & Improvements

Week 6: Rehearsal

#### Tracks Used

- ✦ ['Pot Doodles'](#) (*Dance Notes Volume 1*)
- ✦ ['Make some Noize'](#) (*Madmusik library*)
- ✦ ['Strange Magic'](#) (*Dance Notes Volume 5*)
- ✦ ['The One that Got Away'](#) (*Madmusik library*)
- ✦ ['Papillion'](#) (*Dance Notes Volume 2*)
- ✦ ['Losing Control'](#) (*Madmusik library*)
- ✦ ['Time To Consider'](#) (*Madmusik library*)

## Week 1: Solo / Duet

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#### Starter

Discuss the topic of building, identifying key ideas and words: e.g. scaffolding, bricks, stacking, straight lines, rising-up etc.

#### Warm up ◀ ['Pot Doodles'](#)

Choose movements to go with words from the discussion e.g. bricks, straight lines, building up (try to choose contrasting movements); walk, jog - building to run if safe to do so - waiting for teacher to call out movement words.

Then perform without direction from teacher, deciding when and where to do each movement.

#### Main ◀ ['Make some Noize'](#)

**A** Each choose 4 favourite movements, creating a solo, then evaluate and improve.

**D** Show and give feedback/appreciation.

**E** In pairs, create a duet - either by teaching your partner your own moves or simply putting individual movements together

#### Cool Down ◀ ['Strange Magic'](#)

Consolidate solo in very slow motion.

#### Key Vocabulary:

*Circles, improvisation, evaluation, solo and duet*

## Week 2: Whole Class Unison

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#### Starter

Re-cap last week.

#### Warm up

✦ ['Pot Doodles'](#)

As week 1. Add 2 more movements

#### Main

✦ ['Make some Noize'](#)

**A** Create a whole-class unison phrase that travels from left of room to right

**B** Make 4 lines of pupils on left side of space. Choose 2 lines to start followed by the other two lines to travel across the space (one at a time) using the whole-class phrase and once in a space performing their own duets.

**C** Share, evaluate and improve

#### Cool Down

✦ ['Strange Magic'](#)

To consolidate unison section, repeat in slow motion, stretching each movement to cool down.

#### Key Vocabulary:

*Unison, duet, travelling, space*

## Week 3: Building Duet

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#### Starter

Re-cap last week's work

#### Warm up

◀ ['The One that Got Away'](#)

As week 2. If someone is close, copy their moves before continuing with own movements.

#### Main

◀ ['Make some Noize'](#)

**A** Create a 'building' partner dance. Use each other's bodies to build and move upwards from the floor. Pupils can use lifting and supportive movements

**B** Perform and evaluate

**C** Revise last week's work

#### Cool Down

◀ ['Papillion'](#)

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

#### Key Vocabulary:

*Building, upwards, partners*

## Week 4: Setting Duets

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#### Warm up      ◀ ['The One that Got Away'](#)

Pupils can create a whole class warm-up, linking moves from previous weeks.

#### Main              ◀ ['Make some Noize'](#)

**A**      Re-cap building duets.

**B**      Re-cap dance from previous week.

**C**      Add building duets by choosing half of class to find a space with their "building" partner and perform their duets (group 1), holding their last positions still.

Then the rest (group 2) find a space and perform their building duets. Group 1 then leave and stand on right.

Group 2 perform the unison dance, hold still; then the rest join to perform the unison phrase all together.

*Building duets can be shown 3 or 4 at a time, to enable evaluation and sharing time.*

#### Cool Down      ◀ ['Papillion'](#)

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

#### Key Vocabulary:

*Building, unison, freeze,*

## Week 5: Evaluate and Improve

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#### Starter

Discuss weaker parts of dance and which parts need to be improved.

#### Warm up

##### ✦ ['Losing Control'](#)

Add another two movements to warm-up phrase and perform with lots of energy.

#### Main

##### ✦ ['Make some Noize'](#)

A Recap the whole dance one section at a time and evaluate.

#### Cool Down

##### ✦ ['Time To Consider'](#)

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

#### Key Vocabulary:

*Evaluate and Improve*

## Week 6: Rehearse & Perform

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#### Warm up

##### ◀ ['Losing Control'](#)

Choose a favourite warm-up from previous weeks

#### Main

##### ◀ ['Make some Noize'](#)

**A** Rehearse

**B** Evaluate and improve at least 3 times.

**C** Perform to another Class.

#### Cool Down

##### ◀ ['Time To Consider'](#)

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

#### Key Vocabulary:

*Rehearse, perform*