

**dance notes** lesson plans

# Key Stage 2

## Electricity



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Dance

Key Stage 2

## Lesson Plan for Key Stage 2 Dance

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#### Objectives:

- To explore movements whilst responding to given stimuli
- Develop movement vocabulary
- To begin to understand basic composition
- To choreograph with a partner and large group
- To remember a whole class dance.
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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: Improvisation / Selecting Movement

Week 2: Whole class circuit

Week 3: Unison

Week 4: Group work

Week 5: Finalise Dance

Week 6: Rehearsal

#### Dance Notes CD Tracks Used

- ◀ ['Ghost in the Machine'](#) (Dance Notes Volume 2)
- ◀ ['Clouds'](#) (Dance Notes Volume 6)
- ◀ ['Reaching & Growing'](#) (Dance Notes Volume 6)
- ◀ ['Anger'](#) (Dance Notes Volume 4)
- ◀ ['Out of the Unknown'](#) (Dance Notes Volume 2)

## Week 1: Improvisation

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#### Starter

Discuss Electricity using pictures, diagrams or coils, wires, circuits, etc. Choose words for warm-up and decide the type of movement for each word. E.g. Shock (still and jagged), Lightening (High jump), Cables (lie on floor)

#### Warm up ◀ ['Ghost in the Machine'](#)

Find a space and maintain space whilst walking around the room getting faster and faster until a jog. Teacher to call out movement words looking for good original moves to model.

#### Main ◀ ['Clouds'](#)

- A** All pupils find a partner. Partner "A" stands along the right side of Hall, the other stands far away opposite them. As if drawn by a magnet travel to partner using different body parts to lead the movement. Ensure it is clear which body part is leading.
- B** When all pupils arrive in middle making contact with partner, at the same time everyone jumps with arms up and falls to floor away from partner.
- C** One Pupil to stand and make a large shape, one by one the rest of the class follow, making sure all still shapes are different, thinking about contrasting levels.

#### Cool Down ◀ ['Reaching & Growing'](#)

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

#### Key Vocabulary:

*Partners, magnetism, shape, level, contrast, improvise*

## Week 2: Whole Class Circuit

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#### Starter

Discuss last week's lesson.

#### Warm up ◀ ['Ghost in the Machine'](#)

As last week. Add 2 more movements

#### Main ◀ ['Clouds'](#)

**A** Re-cap dance so far.

#### **B** ◀ ['Anger'](#)

When all are still in the circuit, one person will start a shock-like movement and keep moving until in a space, then the next - and so on, until everyone is in a space.

**C** When the last person is shocked they stand still at the front in a lightening position. Everyone is suddenly still in a lightening position.

#### Cool Down ◀ ['Reaching & Growing'](#)

As last week.

#### Key Vocabulary:

*Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon*

**Week 3: Unison**

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**Starter**

Discuss last week's lesson

**Warm up**    ◀ ['Ghost in the Machine'](#)

As last week. Add a floor movement and another jump.

**Main**        ◀ ['Clouds'](#)

**A**        Re-cap dance so far.

**B**        When the last person is shocked they stand still at the front in a lightening position. Everyone is suddenly still in a lightening position.

**C**        ◀ ['Out of the Unknown'](#) [intro]

Choose 4/5 pupils to select one move each that the whole class can do together, at the same time.

**Cool Down**    ◀ ['Reaching & Growing'](#)

As last week; trying to include positions that are in the warm-up.

**Key Vocabulary:**

*Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison*

## Week 4: Group Work

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#### Starter

Discuss last week's lesson.

#### Warm up    ◀ ['Ghost in the Machine'](#)

As last week. Can the class link the movements together creating a warm-up phrase.

#### Main            ◀ ['Out of the Unknown'](#)

**A**    In groups of 4 create a circuit group.

**B**    2 groups at a time to show rest of class and receive evaluations from rest of class.

#### Cool Down    ◀ ['Reaching & Growing'](#)

As last week; trying to include positions that are in the warm-up.

#### Key Vocabulary:

*Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate*

## Week 5: Finalise Dance

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#### Starter

Discuss last weeks lesson.

#### Warm up    ◀ ['Ghost in the Machine'](#)

As last week.

#### Main            ◀ ['Clouds'](#)                       ◀ ['Out of the Unknown'](#)

**A**    Re-cap whole of dance and space the groups in a semi circle. Starting from the left one by one each circuit group executes their dance.

**B**    2 groups at a time to show rest of class and receive evaluations from rest of class.

#### Cool Down    ◀ ['Reaching & Growing'](#)

In groups of 6 designate one person to lead a cool down.

#### Key Vocabulary:

*Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate*

## Week 6: Rehearse & Perform

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#### Starter

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

#### Warm up    ◀ ['Ghost in the Machine'](#)

Choose any of above

#### Main            ◀ ['Clouds'](#)                       ◀ ['Anger'](#)                       ◀ ['Out of the Unknown'](#)

**A**    Rehearse

**B**    Evaluate & Improve

**C**    Perform

#### Cool Down

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

#### Key Vocabulary:

*Partners, magnetism, shape, level, contrast, circuit, shock, lightening, canon, unison, groups, evaluate, rehearse, perform*