

**dance notes** lesson plans

# Key Stage 2

## Machines



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Dance

Key Stage 2

## Lesson Plan for Key Stage 2 Dance

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#### Objectives:

- Explore movements whilst responding to given stimuli
- Develop movement vocabulary
- Begin to understand basic composition
- Choreograph with a partner and large group
- Remember a whole class dance.
- Gain an understanding of rhythm and musicality within movement

#### 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 / Solo

Week 2: Unison

Week 3: Small group

Week 4: Setting small groups

Week 5: Whole Class Machine / Rehearsal / Evaluating

Week 6: Rehearsal

#### Dance Notes CD Tracks Used

- ◀ ["Drum Talk"](#) (Dance Notes Volume 4)
- ◀ ["Sand Dance"](#) (Dance Notes Volume 1)
- ◀ ["Follow That Cab"](#) (Dance Notes Volume 5)
- ◀ ["A Tender Moment"](#) (Dance Notes Volume 5)
- ◀ ["Busy Office"](#) (Dance Notes Volume 5)

## Week 1: Improvisation / Solo

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#### Starter

Discuss the type of movements found within machinery. How would we create these movements? Describe HOW the movements would be performed.

e.g. heavy, sharp, up & down, forward & back, hard & strong.

#### Warm up

With the whole class standing in a circle, emphasizing the "1", stamp and clap out the rhythm: **1,2,3,4, 1,2,3,4, 1,2,3,4, 1,2,3,4.**

Practices until whole class are in time together.

Do the same with **1,2,3** and **1,2** and finally **1,1,1,1,1,1,1** whilst walking into the middle.

#### Main

##### ◀ ["Drum Talk"](#)

**A** Improvise moving around the space using machine movements. Try to encourage changes of direction, changes of types of movements and changes of levels.

**B** Each pupil to Select 4 movements

##### ◀ ["Sand Dance"](#)

**C** Create a duet with a partner using moves already selected. Improve with partner - add new moves.

**D** Show 4 duets at a time to rest of class. Encourage class to suggest improvements to be made.

#### Cool Down

Back in a circle, clap hands and reach up to ceiling then bring hands to floor, repeat breathing in on upward movement and out on downward movement.

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison*

## Week 2: Unison

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#### Warm up

Warm up as per week 1.

#### Main ◀ ["Sand Dance"](#)

**A** Recap duet from week 1.

**B** Begin whole-class piece with half duets on Stage (Group 1), half off (Group 2).  
Group 1 perform duet, stay still until Group 2 find a space & get into start position.  
Group 1 leave  
Group 2 complete duet and stay still.  
Group 1 run back on stage  
Group 2 roll or spin and stand

**C** Create Unison section.

Choose 6 movement ideas from pupils and all perform together at the same time (unison)

**D** Rehearse whole dance

**E** Teacher to evaluate.

#### Cool Down ◀ ["A Tender Moment"](#)

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

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison.*

## Week 3: Small group

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#### Warm up

In twos, one person holds out their hand and their partner has to reach and touch the hand. The partner leading should increase speed and distance until their partner is challenged and out of breath. Alternate hands and swap roles.

#### Main

A

##### ◀ ["Sand Dance"](#)

Re-cap piece made from last week.

B

##### ◀ ["Follow That Cab"](#)

In 4s Create a small working machine. Encourage contrasting movements using changes of level and direction.

C

Each group (quartet) shows and evaluates their work.

#### Cool Down ◀ ["A Tender Moment"](#)

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

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison, contrast.*

## Week 4: Setting Small groups

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#### Warm up

In 2s - One person holds out their hand and the partner has to touch the hand, both partners' alternate hands. The partner leading has to increase speed and distance until partner is challenged and out of breath.

#### Main

A

##### ◀ "[Sand Dance](#)"

Pupils may need to re-cap group work made last week.

B

##### ◀ "[Follow That Cab](#)"

Add group machines to the dance. Class and teacher decide whether to have one, two or all groups performing at the same time.

C

Re-cap piece including groups.

#### Cool Down ◀ "[A Tender Moment](#)"

Full-body stretch imagining a partner reaching to make contact just like the warm-up.

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison, contrast.*

## Week 5: Whole-Class Machine

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#### Starter

Discuss whole of dance so far. Introduce performance skills; discuss weaker parts of the dance and what can be improved.

#### Warm up ◀ "Busy Office"

Class to choose four big movements to create a warm-up sequence.

#### Main ◀ "Sand Dance" ◀ "Follow That Cab"

**A** Work on each section and discuss how and where improvements can be made.

**B** With all groups on stage choose one pupil to begin machine movements in the middle of that stage, then one at a time join on, creating a whole-class machine with working parts.

*Ensure everyone is moving and movements are at different levels, directions and speeds.*

**B** Evaluate whole class performance

**C** Rehearse and re-evaluate.

#### Cool Down ◀ "A Tender Moment"

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

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison, contrast, Clarity of movement, focus.*

## Week 6: Rehearsal

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#### Warm up ◀ "Busy Office"

As last week. Add at least 2 more movements.

#### Main ◀ "Sand Dance"

#### ◀ "Follow That Cab"

**A** Work on each section and discuss how and where improvements can be made.

**B** Evaluate whole class performance

**C** Rehearse and re-evaluate.

#### Cool Down ◀ "A Tender Moment"

Lay on back with legs and arms out stretched. On inhalation bring limbs close to torso, on exhalation stretch out legs and arms.

#### Key Vocabulary:

*Heavy, sharp, strong, level, direction, unison, contrast, Clarity of movement, focus.*