

dance notes lesson plans

Key Stage 2

The Romans



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Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

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Project Aim:

- Explore the theme of Roman soldiers
- Practice different ways of moving using spatial patterns and dynamics
- Experiment with basic body shapes
- Develop and practice group dances
- Develop movement vocabulary

Dance Units 1 and 2 learning objectives included:

- Acquiring and Developing Skills
- Selecting and Applying Skills, Tactics and Compositional Ideas
- Knowledge and Understanding of Fitness and Health
- Evaluating and Improving Performance

'Romans' 6-Week Lesson Plan Contents:

Week 1:	'The Roman Soldier'
Week 2:	'High and Low'
Week 3:	'Fast and Slow'
Week 4:	'Linking Movements'
Week 5:	'Strength and Formation'
Week 6:	'Perform and Review'

Dance Notes CD Tracks Used

- ◀ ["Arthur's Feast"](#) (Dance Notes Volume 3)

Week 1: The Roman Soldier

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Starter

Look at video clips (See 'Resource' page): discuss movements of Roman soldiers

Warm up

Body warm-up

Follow my leader

Main ◀ ["Arthur's Feast"](#)

A Develop four movements:

- march
- turn
- fight
- protect

B Working in pairs, children use the four movements to create a short phrase portraying a Roman soldier.

Have a clear beginning and ending movement

C Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect

Week 2: High & Low

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Warm up

Body warm-up
Follow my leader, focusing on high/low

Main ◀ ["Arthur's Feast"](#)

- A** Review march, turn, fight, protect movements from lesson 1
Consider how to incorporate high and low into these movements.
- B** Working in pairs, children use the four movements to create a short phrase
portraying a Roman soldier, incorporating high and low movements.

Have a clear beginning and ending movement

- C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect, high, low

Week 3: Fast & Slow

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Warm up

Body warm-up
Follow my leader, focusing on fast/slow

Main ◀ ["Arthur's Feast"](#)

- A** Review march, turn, fight, protect movements from lesson 2
Consider which movements could be made fast or slow.
- B** Working in pairs, children use the four movements to create a short phrase portraying a Roman soldier, incorporating fast and slow movements.

Have a clear beginning and ending movement

- C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect, high, low, fast, slow

Week 4: Linking Movements

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Warm up

Body warm-up

Follow my leader, focusing on high/low, fast/slow

Main ◀ ["Arthur's Feast"](#)

A Children join into groups of 4 and investigate the four movements in a bigger group. What new positions/shapes can they now create?

B Working in fours, children teach their original phrases to each other to create a longer dance.

Focus on linking the two routines together smoothly

Think about positions, levels and speed

Have a clear beginning and ending movement

C Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect, high, low, fast, slow, link

Week 5: Strength & Formation

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Starter

Review video clips of Roman soldiers, focussing on the battle formations

Warm up

Body warm-up

Follow my leader, focusing on strong/weak

Main

◀ ["Arthur's Feast"](#)

A Working in groups of 4, children investigate making formation shapes -

- pointed, triangular, sharp for the 'wedge' and
- rectangular, straight, covered for the 'tortoise'

B Working in their fours, children add a formation movement to finish their phrase.

Focus on strong linking movement - use of bodies and space, levels

That Roman soldiers are dependent on each other should reflect in the formation

Have a clear beginning and ending movement

C Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect, high, low, fast, slow, link, formation, strength

Week 6: Perform & Review

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Warm up

Body warm-up

Follow my leader, focusing on high/low, fast/slow, strong/weak

Main ◀ ["Arthur's Feast"](#)

- A** Children practise and rehearse their dances in their final groups
- B** Each group performs for the rest of the class
- C** (Optional) Children video the performances
- D** For each performance, children identify:
- 1 thing that they like
 - 1 thing to improve

Cool Down

Follow my leader

Key Vocabulary:

March, turn, fight, protect, high, low, fast, slow, link, formation, strength