

dance notes lesson plans

Key Stage 2

Setting Sail



by Michelle Rochester

Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

[Download Lesson](#)

Objectives:

- Develop movement vocabulary to represent an old sailing Ship
- Create a whole-class ship with working parts.
- Select and apply movement material within groups of 4.
- In a group of 8 create a Unison phrase.
- Work within a small group to represent a small ship
- Learn and develop performance skills.

The Four 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: Sailing-Ship Duets

Week 2: Whole-Class Ship

Week 3: Groups of 4

Week 4: Unison Groups

Week 5: Small Ships

Week 6: Rehearse & Perform

Dance Notes CD Tracks Used

- ◀ ['Playing a Round'](#) (Dance Notes Volume 5)
- ◀ ['Setting Sail'](#) (Dance Notes Volume 5)
- ◀ ['Follow that Cab'](#) (Dance Notes Volume 5)
- ◀ ['Strange Magic'](#) (Dance Notes Volume 5)

Week 1: Sailing-Ship Duets

[Download Lesson](#)

Starter

Discuss the various types of movements that would be used to sail a ship.

Warm up ◀ ['Playing a Round'](#)

All in own space:

Walk in a marching style to the beat of the music. Call out instructions such as pulling ropes, hoisting the rigging, sweeping the deck and rowing, to be performed rhythmically in time with the music. Ask for further suggestions of activities that might take place on a sailing ship.

Collectively create movements that can be linked together for a warm-up routine.

Main ◀ ['Setting Sail'](#)

In twos, put together a phrase of movement that follows the following pattern:

- A** Walk randomly around the space for 12 counts, all walk towards the front of the room for 4 counts
- B** Create 16 counts of sweeping: use travelling, changes of direction and try to be creative with your sweeping.
- C** Create 8 count of pulling rope: use a variety of speeds e.g. a slow 4-count pulling action followed by 2 shorter 2-count pulls.
- D** Create 8 counts of movement to hoist the rigging. Repeat to create 16 counts.
- E** Divide the class into two groups; watch each half perform and give positive feedback and suggestions for improvements for next week.

Cool Down ◀ ['Strange Magic'](#)

Begin in own space. Walk around room to beat of music. Teacher to tap each pupil on shoulder; tap pupils once to freeze in a position used in the lesson, keep tapping pupils until all frozen in one large tableaux.

Key Vocabulary:

Sweeping, travelling, direction, creative, pull, hoist

Week 2: Whole-Class Ship

[Download Lesson](#)

Warm up

◀ ['Playing a Round'](#)

Remember Warm-up routine created last lesson.

Main

◀ ['Setting Sail'](#)

A Recap duets from last week, then remain still.

B Teacher to lead pupils, one duet at a time, in the creation of a whole-class sailing ship.

- Allow pupils to choose and design ship.
- Which parts of ship can move?
- Can ship sail around room?
- With teachers direction pupils can take each other's weight to create moving parts.

C Practice moving from duets into Ship section.

Plenary

Teacher can begin evaluation. Pupils can comment on how the dance feels and what could be improved.

Key Vocabulary:

Duet, tableaux, moving parts, weight

Week 3: Groups of 4

[Download Lesson](#)

Warm up ◀ ['Playing a Round'](#)

Remember Warm-up routine from last lesson and add four more movements.

Main ◀ ['Setting Sail'](#)

A Remember duets and Ship from last lesson.

B In fours, create a group dance using extended and developed movements from duets: focus on travelling, varying levels and speeds.

C Show and evaluate. Have groups developed the movements, changed levels and direction.

D Discuss how to get from Ship into our groups eg: run, spin, roll leap?

NB: dependant on group it may be necessary to number the order in which pupils lead this section.

Differentiation: If pupils struggle to create movement they can take moves from warm-up. Increase number of moments for higher achievers.

Cool Down

Repeat Warm-up in slow motion

Key Vocabulary:

Travelling, level, speed, direction, duet, quartet

Week 4: Unison Groups

[Download Lesson](#)

Warm up

Use first task to warm-up.

Main

◀ ['Setting Sail'](#)

A Complete and rehearse quartet section begun last week.

B Rehearse all of dance so far.

C ▶ ['Follow that Cab'](#)

Allow pupils to listen to music before creating movement

In groups of 8, create a unison phrase together. Each pupil will choreograph one movement that the rest of the group will learn, resulting in an eight-movement phrase.

D Each group to perform to rest of class and receive feedback.

E Class decide how to get from groups of 4 to new groups of 8.

F Place each group in a section of the space and start groups at different times, making sure that when any group finishes they remain completely still until each group has finished.

Plenary

Give opportunities for pupils to comment positively on the work of other groups: encourage comments regarding teamwork, working in unison and timing of movements

Cool Down

▶ ['Strange Magic'](#)

In slow motion consolidate large group unison section

Key Vocabulary:

Unison, groups, tableaux, teamwork,

Week 5: Small Ships

[Download Lesson](#)

Warm up ◀ [‘Playing a Round’](#)

In a Circle remember and practice all the different types of movements used in this unit of work, see how many different ones can be remembered.

Main ◀ [‘Setting Sail’](#) ◀ [‘Follow that Cab’](#)

A Rehearse all sections

Duets, Ship, Group of 4, Group of 8

B Create a way to get from large unison group of 8 to a different group of 4.

C Create a further section to travel into a group-shape that makes a floor pattern in the shape of a boat. In this formation create/perform rowing movements and rocking, swaying movements to suggest the motion of the boat on the sea.

You may want to choose a calm voyage or a stormy one.

◀ [‘Playing a Round’](#) [optional music change]

D Add this to previous sections.

Plenary

Groups can share then evaluate and improve

Cool Down ◀ [‘Strange Magic’](#)

Consolidate small-ship group work by executing extremely slowly until group comes to a stop.

Key Vocabulary:

Groups, unison, floor-pattern, rowing, rocking, swaying, calm, stormy

Week 6: Rehearse & Perform

[Download Lesson](#)

Warm up ◀ ['Playing a Round'](#)

Remember warm-up the class created in Lesson 1, 2 & 3.

Main ◀ ['Setting Sail'](#) ◀ ['Follow that Cab'](#) ◀ ['Playing a Round'](#)

A Walk through dance talking through any problems

B Rehearse

C Evaluate & Improve

D Rehearse & Perform to another class or rest of School.

Cool Down ◀ ['Strange Magic'](#)

Lie on floor and breathe in whilst bringing elbows and knees close to body,
Breathe out as you stretch limbs away from torso.

Key Vocabulary:

Rehearse, perform, evaluate, improve