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Key Stage 2

Africa!



by Michelle Rochester

Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

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Curriculum Objectives:

- Apply & develop a broad range of movement skills
- Learn how to use these in different ways
- Link them to make actions & sequences of movement
- Enjoy communicating and collaborating with each other
- Develop an understanding of how to improve
- Learn how to evaluate and recognise own success

Learning Outcomes:

- Use a variety of movements in isolation and combination
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare and evaluate performances against previous ones
- Demonstrate improvement to achieve personal targets

Unit Contents:

Week 1: Solo using Text

Week 2: Duet using Pictures

Week 3: Travelling within a group

Week 4: Re-Capping dance Material

Week 5: Setting the Dance

Week 6: Rehearsal

Tracks Used:

- ◀ ["Hey Ho!"](#)
- ◀ ["African Greetings"](#)
- ◀ ["Chant"](#)
- ◀ ["Dragon Dance"](#)
- ◀ ["Sorrow"](#)

Week 1: Solo Using Text

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Starter

Discuss the type of movements found in African dance. E.g. strong, graceful, energetic, sharp, etc.

Select words to be used for warm-up e.g. spear (still), rain (slow), sticks (low) tree (jump).

Warm up ◀ "Hey Ho!"

Begin in a space. Walk around hall, avoiding contact and waiting for movement-words (as above).

Walk can become a jog or gallops.

Encourage development of movements and changes in direction and Level.

Main ◀ "African Greetings"

A Whole class to decide on movements for the text:

"After the storm the sun rose, a rainbow was made and the trees grew".

All begin crouching down to the floor and then start the dance at different times. Once everyone is tall and still, whole class begin to sway. Choose one pupil to lead half the class (group 1), swaying or creating a storm in and around others who are still (group 2).

When Group 1 has been all around the room, Group 2 can begin travelling using a different move e.g. rainbow, sun or tree.

B When group 2 have finished, everyone can repeat the beginning of the dance but this time all together.

Cool Down

Repeat warm-up (without music this time) but in slow motion, stretching through each movement

Key Vocabulary:

strong, graceful, energetic, sharp

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Full 6-Week Lesson Scheme

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The complete teaching pack includes the course outline (as shown); your 6-week lesson plan; supplementary teaching notes and full integrated music tracks. You can stream the music directly from the web, download tracks as mp3s or have them delivered on a CD. You may also have a pre-printed lesson sent to you in a handy display folder (see order page for options).

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