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Key Stage 2

Alice in Wonderland



Kara Herbert

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: Explore Characters

Week 2: Create Solos

Week 3: Tea Party

Week 4: Card Games

Week 5: Queen of Hearts

Week 6: Performance

Tracks Used:

- ✦ ["And Then?"](#)
- ✦ ["How Now"](#)
- ✦ ["Ebb and Flow"](#)
- ✦ ["I Don't Care"](#)
- ✦ ["Everybody Wins"](#)
- ✦ ["Come The Evening"](#)
- ✦ ["Busy Bees"](#)
- ✦ ["Sun"](#)

Week 1: Explore Characters

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Starter

Discuss the story: what do we know about the characters? Look at pictures of Alice, the Caterpillar, the Cheshire Cat & the White Rabbit: discuss their characteristics.

Alice:	very polite and curious
Caterpillar:	lots of legs!
Cheshire Cat:	grins, disappears
White Rabbit:	nervous, always in a hurry!

Warm up ◀ "And Then?"

Move from big to small shapes and back to big (like Alice when she takes the potion), stretching and contracting the whole body. Skip around the room: we're going on a journey. Repeat 3 times.

Main ◀ "How Now"

Improvisations (solo):

- A. Alice: how would Alice move? Skip? She meets lots of people on her journey: shake hands when you pass another dancer. She's very curious: can you pose as though you look curious?
- B. Caterpillar: move around the room like a caterpillar, close to the floor (low level). Can we make one big caterpillar and move as a whole group?
- C. Cheshire Cat: move like a cat - flexible, agile, elegant. Arch and stretch your back. Keep grinning!
- D. White Rabbit: move quickly, hurry - you're late! Twitchy, with bunny hops.

Cool Down ◀ "Ebb and Flow"

Stretch up to the ceiling, then down to your toes. Bend the knees and hang over forwards, floppy like a rag doll; swing from side to side. Melt to the floor; lie down and pretend to be asleep. Completely relax, eyes closed, and dream of wonderland.

Key Vocabulary:

alice, polite, curious, caterpillar, cheshire cat, grins, disappears, white rabbit, nervous, hurry, skip, low level, flexible, agile, quickly, twitchy

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Full 6-Week Lesson Scheme

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