Order Teaching Pack

Key Stage 2

America

Tracy Alcon

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: Mexico

Week 2: Volcanic Explosion

Week 3: Lava Flow

Week 4: Record, Evaluate, Improve

Week 5: Rio Carnival

Week 6: Practise & Perform

Tracks Used

- *"Aztec"*
- *"Evenjam"*
- *"Crazy Lizards"*
- *"Here We Go Swaying"*
- *"Jeopardy"*
- *"Obscured by layers"*
- *"Temple Guard"*
- *"Fiesta"*

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Week 1: Mexico

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Starter

Discuss briefly the topic for this term. Inform the children of the countries we are going to look at over the next few weeks. Can they find Mexico and Brazil on a map or globe?

Ask the children if they can think of any landmarks or famous attractions in America? As they say these, you can place pictures of them above and below on the floor in front of you to represent North and South. Encourage all to look carefully at each, as they will be using these in the warm up.

Separate the North from the South as the warm up will involve North American landmarks only this week.

Warm up *"Aztec"*

20 seconds' Freeze or Flow.

After the children have had time to look at the visual aids, lay the North American landmarks down in the centre of the room.

Call out a landmark. In groups of 5 or 6, children have 20 seconds to represent this using their bodies.

For example;

Golden Gate Bridge: some children still, others moving across like cars
Niagara Falls: bodies moving in & out and across one another.

Remember to give a little information about each landmark as you look through the pictures together (Appendix 1).

Main *"Evenjam"*

A Explore ways of moving through Mexico - travelling over:

- mountain ranges
- desert landscapes
- snow-capped volcanoes (there are 42 in Mexico)

Move as one of the national animals of Mexico:

- golden eagle
- grasshopper
- jaguar
- green turtle
- rare volcano rabbit

Think carefully about how each animal would move.

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Teacher may shout out: "Grasshoppers travel across a desert landscape". The grass hoppers' movements should change when travelling over different terrain.

If a child were to be a golden eagle as it flies over the desert, its movement would be smooth and gliding, however when flying over a rocky mountain it may dip and soar with abrupt rises and falls.

B *"Crazy Lizards"*

Individually improvise to explore the movement of your chosen national animal from Mexico.

C In pairs, decide on animals from Mexico and a type of terrain in which to travel.

Think about:

- Levels
- Directions
- Dynamics
- Meeting and parting
- Canon and unison

D Perform in groups of 2 or 3 pairs at a time.
What worked well?
Did the duets include dynamics?
Evaluate and record to watch back and assess if possible.

Cool Down *"Here We Go Swaying"*

Walk slowly around the outside of the space. Find a way to balance, thinking about alignment and control. Balance on small body parts and hold still for 5 seconds. Develop by following someone around the space and copying their balance.

Key Vocabulary:

dynamics, unison, canon, balance, direction

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