Ancient Greeks

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Dance
Key Stage 2
Lesson Plan for Key Stage 2 Dance

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: Ancient Greeks
Week 2: Olympic Games
Week 3: Chariots
Week 4: Battle Formations
Week 5: Temples and Gods
Week 6: Perform

Tracks Used

- "They to Me Are a Mystery"
- "Wealth and Power"
- "Time To Consider"
- "Lift Me Up"
- "Slow-Mo"
- "Who Dunnit?"
- "Heavenly Beats"
Week 1: Ancient Greeks

Starter
Discuss the theme of Ancient Greeks. What do we know already about the Ancient Greeks? What would life have been like? Use pictures to help give ideas (optional)

Warm up "They to Me Are a Mystery"
Improvise ways of moving as though in Ancient Greece. Choose words form starter discussion, children to freeze-frame using the words as a stimulus when the music stops.

Main "Wealth and Power"
A Discuss which events were in the Ancient Olympics: each child chooses 3 and creates a movement for each

B In pairs, create a short phrase by linking together the movements. Make sure you have a strong starting and finishing position that you can hold still.

C Half the group show at a time. Share what they liked and what they thought could be improved.

Cool Down "Time To Consider"
Breathing in, stretch up towards the sky as though reaching for the sun, then breathe out and relax body over hands hanging towards feet. Repeat 3 times. Then shake arms and legs as though flicking cool water off.

Key Vocabulary:
soldiers, battle, games, fighting, war, gods, temples, racing, javelin, long jump, discus, boxing, wrestling
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