Ancient Greeks

Kara Herbert
Dance
Key Stage 2
Lesson Plan for Key Stage 2 Dance

Ancient Greeks

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

Order Teaching Pack

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 from 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
Order Your Lesson Pack

Full 6-Week Lesson Scheme

Thank you for sampling this lesson: to order the full 6-week scheme, please click here.

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).

To browse the full range of teaching packs, preview other lessons, audition music or place an order, please click here.

Alternatively, a Dance Notes Licence will equip your entire school with:

- Unlimited lesson downloads
- Unlimited music downloads
- Instant lesson streaming
- Supplementary teaching materials
- Bonus lessons
- New topics on demand
- Email support
- CDs by request (Annual/Monthly Licence)

Find out more about Licence options here.

Thanks for your interest in Dance Notes. If you have any comments or would like more information, please call 01225 313082 or email info@dancenotes.co.uk.