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# Key Stage 2

## Anglo Saxons



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Dance  
Key Stage Two

## 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: Homes & Feasts

Week 2: Jobs & Crafts

Week 3: Sports

Week 4: Warriors

Week 5: Beliefs

Week 6: Summary

#### Tracks Used

- ◀ ["Everybody Wins"](#)
- ◀ ["Lift Me Up"](#)
- ◀ ["The River"](#)
- ◀ ["Banquet Dance"](#)
- ◀ ["Who Dunit?"](#)
- ◀ ["And Then?"](#)
- ◀ ["Wealth & Power"](#)
- ◀ ["Journey Of Discovery"](#)

## Week 1: Homes & Feasts

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#### Starter

What do you know about the Anglo Saxons? How did they live?

#### Warm up ◀ "Everybody Wins"

Formation Game: in teams of 4-6 (depending on class size) create a group formation. It can be any shape you like. When the music is playing, pupils must move around the room and when the music stops they must make their way back to their group-formation as quickly as possible. You could give points to the quickest team if you have a competitive class! Call out different movement activities when the music is playing such as skipping, jumping, hopping, turning, rolling.

#### Main ◀ "The River"

**A** Anglo Saxons lived in small groups of houses built around a large hall. Try to re-create this formation as a whole class by joining hands to form the different buildings. Then try joining together using different body parts. Each house had one room with a central fire for cooking, heating and lighting. In small groups create a fire formation. What shapes would your body make? What movements would your body make?

#### **B** ◀ "Banquet Dance"

In the large halls, feasts were held, with music, poems, songs and stories. These were lively and noisy events! In groups, can you create a freeze-frame imagining you are at a feast? Make 3 different freeze-frames and find a way of moving from one to the other as a group. Try to include different levels in your freeze-frames.

Show and feedback to another group.

#### Cool Down ◀ "Journey Of Discovery"

Stretch up tall to the sky, then reach down to your toes. Then lie down on the floor and imagine you are cosy and warm by the fire, your belly full of food, and relax.

#### Key Vocabulary:

*formations, shapes, levels*

## Order Your Lesson Pack

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#### 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).

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