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Key Stage 2

Bullying



Author

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: Happy Moves

Week 2: Be a Dance Teacher!

Week 3: When Friendships Change

Week 4: Create a Gang

Week 5: Transitions and Rehearsal

Week 6: Performance

Tracks Used:

- ✦ ["Throw Some Sounds"](#)
- ✦ ["Tell Me, Son"](#)
- ✦ ["What's Her Name?"](#)
- ✦ ["Heavenly Beats"](#)
- ✦ ["Reaching & Growing"](#)
- ✦ ["The Fugitive"](#)
- ✦ ["Machines On The Run"](#)

Week 1: Happy Moves

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Starter

Have you ever experienced bullying or seen anyone being bullied? What different types of bullying can you name? Do you know about cyber, physical, mental & social bullying? How do these make you feel? What can we do to stop them?

Warm up ◀ "Throw Some Sounds"

Stand in the biggest space you can find. Imagine you are alone and notice how that makes you feel.

Now imagine feeling angry. How does your body feel different now?

Shake that feeling off by shaking different parts and then the whole of your body.

Jog around the hall. When the teacher calls out number one - touch the floor; number two - jump; number three - make a big, low turn; number four - freeze.

Main ◀ "Throw Some Sounds"

Without letting the rest of the class know, teacher choose four children to perform one of the warmup movements, beginning in their own time.

All start walking around, using all the space, changing directions. When you see someone perform a move, you can choose to either copy them or to continue walking. If you chose to copy, once you have chosen you must continue to copy them.

Allow this to organically evolve then discuss.

How did it feel to be part of a selected group? How did it feel if no one joined your group. Why did you make the choice you made?

- A. By yourself, choose one movement that expresses any of the positive feelings discussed so far. Practise making it larger and more dynamic.
- B. Choose a group of four, show your group your movement. Next week you will teach your move to your group.

Cool Down ◀ "Tell Me, Son"

Begin in a space by yourself, take a few big breaths before you start walking around. Get slower and slower, until you are moving in slow motion. As you move, get as close to everyone as possible without touching.

Key Vocabulary:

freeze, direction, dynamics

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Full 6-Week Lesson Scheme

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