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Key Stage 2

Castles



Kara Herbert

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: Shapes and Structures

Week 2: Moats and Curtain Wall

Week 3: Attack and Defence

Week 4: Tournaments

Week 5: Rooms and Interior

Week 6: Castles

Tracks Used:

- ✦ ["Here We Go Swaying"](#)
- ✦ ["Whoop-Wah-Wah"](#)
- ✦ ["Throw Some Sounds"](#)
- ✦ ["Journey of Discovery"](#)
- ✦ ["A Tender Moment"](#)
- ✦ ["Ebb and Flow"](#)
- ✦ ["Heavenly Beats"](#)
- ✦ ["Mixed Emotions"](#)
- ✦ ["Or Did She Have Me?"](#)

Week 1: Shapes and Structures

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Starter

Discuss castles. What do we know? Has anyone been to one? What shape are they?
Rectangular towers surrounded by high walls, later round towers at each corner with square towers midway each wall.
You could use different pictures for inspiration.

Warm up ◀ "Here We Go Swaying"

Start by skipping around the room to generate heat, then pausing when the music stops. Encourage focus and concentration. Create shapes with the whole body: stretchy, curved, angular, straight. First hold the shapes still, then move quickly from one to another.

Main ◀ "Heavenly Beats"

- A. In small groups, make castle shapes. Use different body parts and find interesting ways to connect to each other.
- B. Choose an individual starting position, then - in slow motion - move into your castle shape, structuring one person after the other.
- C. Share with the rest of the class.

Cool Down ◀ "Journey of Discovery"

Stretch in small groups. Sitting in a circle with your group, hold hands and stretch your arms. Join feet together and stretch to the centre of the circle. Then, lean back away from the centre, stretching the whole body.

Key Vocabulary:

shapes, structures, create, slow-motion, stretch, share

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Full 6-Week Lesson Scheme

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