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Key Stage 2

Electricity



by Michelle Rochester

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: Improvisation / Selecting Movement

Week 2: Whole Class Circuit

Week 3: Unison

Week 4: Group Work

Week 5: Finalise Dance

Week 6: Rehearsal

Dance Notes CD Tracks Used

- ✦ ['Ghost in the Machine'](#)
- ✦ ['Clouds'](#)
- ✦ ['Reaching & Growing'](#)
- ✦ ['Anger'](#)
- ✦ ['Out of the Unknown'](#)

Week 1: Improvisation

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Starter

Discuss Electricity using pictures, diagrams or coils, wires, circuits, etc.
Choose words for warm-up and decide the type of movement for each word. E.g.
Shock (still and jagged), Lightning (high jump), Cables (lie on floor)

Warm up ◀ 'Ghost in the Machine'

Find a space and maintain space whilst walking around the room getting faster and faster until a jog. Teacher to call out movement words looking for good original moves to model.

Main ◀ 'Clouds'

- A** All pupils find a partner. Partner "A" stands along the right side of Hall, the other stands far away opposite them. As if drawn by a magnet travel to partner using different body parts to lead the movement. Ensure it is clear which body part is leading.
- B** When all pupils arrive in middle making contact with partner, at the same time everyone jumps with arms up and falls to floor away from partner.
- C** One Pupil to stand and make a large shape, one by one the rest of the class follow, making sure all still shapes are different, thinking about contrasting levels.

Cool Down ◀ 'Reaching & Growing'

Full body stretch laying on floor. Breathe in whilst tensing all muscles, relax whilst breathing out.

Key Vocabulary:

partners, magnetism, shape, level, contrast, improvise

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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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