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Key Stage 2

Iron-Age Celts



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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: Farming and Weaving

Week 2: Round Houses and Hill Forts

Week 3: Warriors and Wars

Week 4: Sucellos and Nodens

Week 5: Piecing Together

Week 6: Performance

Tracks Used:

- ◀ ["Night Crossing"](#)
- ◀ ["Exodus"](#)
- ◀ ["Out of the Mists"](#)
- ◀ ["Whoop Wah-Wah"](#)
- ◀ ["Waterfalls"](#)
- ◀ ["No!"](#)
- ◀ ["Into Battle"](#)
- ◀ ["Sleep, My Angel"](#)
- ◀ ["Race to the Future"](#)
- ◀ ["Epic Adventure"](#)

Week 1: Farming and Weaving

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Starter

Before the Romans arrived, Britain consisted of a patchwork of tribal areas, each with its own King or Queen. They were mainly farmers who grew, gathered and hunted their food. They were also fierce warriors, often at war with each other.

Warm up ◀ "Night Crossing"

- A. What food did they grow? *Root veg, herbs and leaves.*
Which wild animals did they hunt? *Deer, Boar and bear.*
They also gathered nuts and berries and honey from bees!
- B. Move to the music using the words 'gather', 'hunt' and 'grow' as inspiration for movements. Can you use your whole body to create your actions and move through high, medium and low levels? Try as many movements as you can until your body feels really warm.

Main ◀ "Exodus"

- A. Using ideas from the warm-up, choose your 3 favourite actions for 'gather', 'hunt' and 'grow' and join them together to make a 'farmers' motif. Practice your motif, so that you know it really well. Check that you are using a mixture of levels.
- B. The Celts wore brightly coloured and embroidered clothes. They wore stripes or checkered cloaks, which were made from wool. The wool was spun on a drop spindle, woven on a loom, then sewn together.

Imagine you are wearing a cloak: swish your cloak from side to side. What other 'cloak' actions can you make? Imagine you are a drop spindle and practice spinning, without getting dizzy!

- C. In groups of 3 or 4, use your cloak and spinning actions to weave in and out of each other. Practice your 'cloak and loom' dance.

Cool Down ◀ "Out of the Mists"

Stretch your arms and legs; hold for 3 counts, then relax; repeat three times.
Lie down on the floor; close your eyes and imagine you are on a warm, soft, cosy wooden bed, wrapped in a warm, soft, wooden blanket, your belly full of all the tasty food you gathered, hunted and grown.

Key Vocabulary:

create, actions, levels, motif, spin, swish, weave, practice, imagine

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Full 6-Week Lesson Scheme

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