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Key Stage 2

Machines



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 / Solo

Week 2: Unison

Week 3: Small group

Week 4: Setting small groups

Week 5: Whole Class Machine / Rehearsal / Evaluating

Week 6: Rehearsal

Dance Notes CD Tracks Used

- ✦ ["Drum Talk"](#)
- ✦ ["Sand Dance"](#)
- ✦ ["Follow That Cab"](#)
- ✦ ["A Tender Moment"](#)
- ✦ ["Busy Office"](#)

Week 1: Improvisation / Solo

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Starter

Discuss the type of movements found within machinery. How would we create these movements? Describe HOW the movements would be performed.

e.g. heavy, sharp, up & down, forward & back, hard & strong.

Warm up

With the whole class standing in a circle, emphasizing the "1", stamp and clap out the rhythm: **1,2,3,4, 1,2,3,4, 1,2,3,4, 1,2,3,4.**

Practices until whole class are in time together.

Do the same with **1,2,3** and **1,2** and finally **1,1,1,1,1,1,1** whilst walking into the middle.

Main

◀ "Drum Talk"

A Improvise moving around the space using machine movements. Try to encourage changes of direction, changes of types of movements and changes of levels.

B Each pupil to Select 4 movements

◀ "Sand Dance"

C Create a duet with a partner using moves already selected. Improve with partner - add new moves.

D Show 4 duets at a time to rest of class. Encourage class to suggest improvements to be made.

Cool Down

Back in a circle, clap hands and reach up to ceiling then bring hands to floor, repeat breathing in on upward movement and out on downward movement.

Key Vocabulary:

Heavy, sharp, strong, level, direction, unison

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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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