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Key Stage 2

Magnets & Forces



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:	Individual & Partner work
Week 2:	Pushing & Pulling
Week 3:	Attraction
Week 4:	Quartet
Week 5:	Review & Rehearse
Week 6:	Perform & Evaluate

Tracks Used

- ◀ ['Desert Rain'](#)
- ◀ ['Elephant Drive'](#)
- ◀ ['Loving Memory'](#)
- ◀ ['Soldier Ants'](#)
- ◀ ['Race Game'](#)
- ◀ ['Here We Go Swaying'](#)
- ◀ ['Stepping Stones'](#)
- ◀ ['Bing Bang Bong'](#)

Week 1: Solo & Duet

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Starter

What words do we think of, when we think of magnets & forces? E.g. energy, strength, repel, attract, smooth, etc.

Warm up ◀ 'Desert Rain'

Follow my leader: begin in a circle and clap or stamp some rhythms for the whole class to follow. Take it in turns to lead.

Circle through the joints to prepare them for moving. Beginning with the neck and shoulders - right down through the elbows, wrists, hips and knees - to the ankles.

All facing the same way, link together 4 large circle-movements to create a warm up sequence, e.g.

- fingers tracing a circle in the air, with an outstretched arm;
- tracing a circle with the elbow, so the whole body turns around;
- tracing a circle with a knee;
- drawing a large circle with a foot.

Main ◀ 'Elephant Drive'

A. Improvise pushing and pulling movements. Which parts of the body can you use?

Can you pull with your elbows? Can you push with your head? Keep changing between different body parts to push & pull.

Try moving around the space with these movements. Develop your moves by changing the level of them. Can you do a pushing movement on the floor? Can you do a really high, jumping, pulling movement?

B. Working independently (solo), each select 4 favourite movements that you like to refine. Clarify the speed and intention of your movements.

C. Teach your moves to a partner, to consolidate your solos.

D. With your partner, perform all your moves for the teacher to evaluate.

Cool Down ◀ 'Loving Memory'

Remember the circles from the warm-up? Focus on how these contrast with the movements used in the lesson. Repeat those circle sequences but, this time, in slow motion, stretching through each position.

Key Vocabulary:

Space, level, direction, solo

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Full 6-Week Lesson Scheme

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