

[Order Teaching Pack](#)

Key Stage 2

Rough & Tumble



Michelle Rochester

Dance

Key Stage 2

Lesson Plan for Key Stage 2 Dance

Order Teaching Pack

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: Travelling Safely Together

Week 2: Solo and Duets

Week 3: Group work

Week 4: Re-capping

Week 5: Unison

Week 6: Evaluation, Rehearse & Perform

Tracks Used (*click on links below to audition*)

- ◀ ["The One That Got Away"](#)
- ◀ ["Robots On The Run"](#)
- ◀ ["The Fugitive"](#)
- ◀ ["I Know"](#)
- ◀ ["No Escape"](#)
- ◀ ["Metamorphosis"](#)
- ◀ ["Gremlins"](#)

Week 1: Travelling Safely Together

Order Teaching Pack

Starter

Discuss safety.

The first exercise will be a test and something that can be built on when all have proven they can respect each other's space and safety.

Warm up ◀ "The Fugitive"

Begin by jogging around the Hall. Look for space and jog to it, repeat and repeat.

Your mission! Now faster - Emphasise the look before you run to the next space. You are desperate to find the space and capture it as your own. See how many spaces you can find within a specified time.

Still running around the hall - When you meet another person dodge from side to side (3 times), just like a boxer, before moving on.

Develop this movement by adding extended arms or a shadow punch. Remember NO contact.

Main ◀ "The One That Got Away"

A Discuss how a punch or a dodge can be made into a very big dance movement using jumps, turns or rolls. Use control, accuracy, tension and changes or speed for dramatisation:

- e.g. A punch can begin at the floor and finish at the end of a jump.
A dodge can be from standing and finish after a roll.

Discuss ideas and encourage pupils to demonstrate examples

B Self evaluate before a final rehearsal

C Half class to show; rest to evaluate - then swap over.

Which moves do we like and why? Which moves demonstrated control, tension, speed or accuracy?

Cool Down ◀ "I Know"

Consolidate Solo dance by all performing as slowly and controlled as possible
NB. Listen to the music.

Key Vocabulary:

spatial awareness, rehearsal, control, tension, accuracy

Order Your Lesson Pack

Order Teaching Pack

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).

To browse the full range of teaching packs, preview other lessons, audition music or place an order, please [click here](#)

Alternatively, a Dance Notes Licence will equip your entire school with:

- Unlimited lesson downloads
- Unlimited music downloads
- Instant lesson streaming
- Supplementary teaching materials
- Bonus lessons
- New topics on demand
- Email support
- CDs by request (Annual/Monthly Licence)

[Find out more about Licence options here](#)

Thanks for your interest in Dance Notes. If you have any comments or would like more information, please call 01225 313082 or email info@dancenotes.co.uk.