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# Key Stage 2

## The Pyramids



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: Sad Solo / Trapping Duet

Week 2: Rehearsal

Week 3: Building section

Week 4: Pyramid

Week 5: Evaluate & Improve

Week 6: Performance

#### Dance Notes CD Tracks Used

- ✦ ["Sorrow"](#)
- ✦ ["Hope"](#)
- ✦ ["Anger"](#)
- ✦ ["Cut To The Chase"](#)
- ✦ ["Drum Talk"](#)
- ✦ ["Behold The tomb"](#)
- ✦ ["Awakening"](#)

## Week 1: Sad Solo / Trapping Duet

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#### Starter

Discuss the topic of Ancient Egyptians: consider the work involved in building the pyramids and how servants/slaves were sometimes used.

Discuss the type of movements needed for a sad dance representing the Pyramid builders.

#### Warm up ◀ "Sorrow"

Let the music set the scene. Begin with small circles; then develop these to travel - changing level and direction - around the space, leading with different body parts and remembering the stimulus of sadness.

#### Main ◀ "Sorrow"

**A** Find a partner. Partner "A" will use body parts to trap partner "B" using circular shapes, Partner "A" will escape. Do this at least 4 times (in 4 different ways).

**B** Half the class shows their work, then the other. Discuss how they can be improved by adding moves such as rolling, turning, and jumping and by altering the speed at different times.

**C** All the "A"s will stand at the back of the room glaring at partner "B" performing their Sad solo, after 16 counts the "A"s begin to walk towards the "B"s until teacher fades the music and changes track.

#### **D** ◀ "Anger"

Suddenly with the change of music the "A"s begin to trap their partners.

#### Cool Down ◀ "Sorrow"

Use the warm - up to cool down stretching through each position.

#### Key Vocabulary:

*Levels, direction, trapping.*

## Order Your Lesson Pack

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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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