

Unit: Dance

Time Allocation: 8 Weeks (8 x 40min lesson)

Strands covered: Dance, Performing, Interacting, Moving, Problem Solving

Principal Focus: To develop the student’s ability to express through movement and create confidence when participating in dance activities. Provide opportunities to explore and develop awareness of dance elements and the influence this has on quality of movement. Students will be exposed to a range of dance styles and movement sequences with the primary focus on preparing students for a dance composition to present at a school performance concert.

Outcomes

PDHPE

Knowledge & Understanding

DAES1.7

Moves in response to various stimuli.

Skills

INES1.3

Relates well to others in work and play situations.

MOES1.4

Demonstrates a general awareness of how basic movement skills apply in play and other introductory movement experiences.

PSES1.5

Seeks help as needed when faced with simple problems.

V3

Enjoys a sense of belonging

V5

Willingly participates in regular physical activity

V6

Commits to realizing their full potential

CREATIVE ARTS

DAES1.1

Participates in dance activities and demonstrates an awareness of body parts, control over movement and expressive qualities

Indicators

PDHPE

Knowledge & Understanding

- Listens to music and moves body parts to beat
- Observes and repeats movement that require action of the whole body
- Moves safely when sharing confined space with others
- Replicates simple combination of skills
- Moves in response to different quality of music

Skills

- Learns to share performance space with others
- Works happily with class peers
- Moves at different tempos/speeds
- Stretches and curls the body to create high and low levels and different shapes
- Asks for help when injured or hurt
- Identifies who to ask for assistance when having difficulty learning a new skill

- Values the need to work cooperatively
- Appreciates the important contributions they can make to various groups

- Values the importance of physical activity to health
- Enjoys regular participation in worthwhile physical activity
- Recognises the challenging and satisfying nature of performance

- Strives to achieve quality in personal performance

Students will learn to:

- Moves safely and expressively in a dance with sensitivity and sound accompaniment
- Think and talk about each other’s dancing

Students will learn about:

- The importance of moving safely as an individual and with others in a designated dance space
- The basic elements of dance – actions of the body, qualities of movement, timing and spatial aspects
- The basic components of dances – dancers, movement, sound and physical settings

Students Learn:

| Non-locomotor Skills | Locomotor Skills | Elements of Dance | Composition |
|---|--|---|---|
| <ul style="list-style-type: none"> • Swaying • Swinging • Twisting • Turning • Moving isolated parts of the body – Hand/foot gestures | <ul style="list-style-type: none"> • Walking • Running • Galloping • Hopping • Sliding • Skipping • Marching • Step patterns • Jumping • Leaping | <ul style="list-style-type: none"> • Dynamics <ul style="list-style-type: none"> – Firm/light – Directly to • Time and movement • Space <ul style="list-style-type: none"> – Directions – Pathways • Relationships <ul style="list-style-type: none"> – Individual – Group – Objects • Structure • Action | <ul style="list-style-type: none"> • Structure <ul style="list-style-type: none"> – Contrasting movement patterns • Transitions <ul style="list-style-type: none"> – Beginning, middle, end • Sequences <ul style="list-style-type: none"> – Reproducing <p>Dance Styles</p> <ul style="list-style-type: none"> • Experience in a range of dance styles <ul style="list-style-type: none"> – Swing dancing, hip hop, disco, contemporary dance, funk |

| Weeks | Lesson Activities | Time | Registration |
|--------------|--|---|--------------|
| Week 1 | <p><u>Warm Up</u> <i>Stretching to music</i> – Students follow and copy movements demonstrated by the dance teacher. Warm-up combines both stretching and cardio movements in order to prepare body for dance related activity (see appendix).</p> <p><u>Learning</u></p> <ul style="list-style-type: none"> - Students are introduced to their genre (dinosaur/pre-historic era) and music that they will be dancing to at their concert “Dance Through the Ages”. - Students learn new skills and movements, which are practised to music. Focus – performing movements correctly, safely and to the beat of the music. <p><u>Cool-Down</u> See appendix for a detailed list of cool-down games and activities.</p> | 5 mins 30 mins 5 mins | |
| Weeks 2-5 | <p><u>Warm Up</u> <i>Stretching to music</i> – Students follow and copy movements demonstrated by the dance teacher. Warm-up combines both stretching and cardio movements in order to prepare body for dance related activity (see appendix).</p> <p><u>Revising</u></p> <ul style="list-style-type: none"> - Students revise what they learnt last week and practise movements with the music. <p><u>Learning</u></p> <ul style="list-style-type: none"> - Students learn new skills and movements, which are practised to music. These movements are added to the dance that the class have learnt previously. Focus – performing movements correctly, safely and to the beat of the music. <p><u>Cool-Down</u> See appendix for a detailed list of cool-down games and activities.</p> | 5 mins 5 mins 25 mins 5 mins | |
| Weeks 6-8 | <p><u>Warm Up</u> <i>Stretching to music</i> – Students follow and copy movements demonstrated by the dance teacher. Warm-up combines both stretching and cardio movements in order to prepare body for dance related activity (see appendix).</p> <p><u>Revising</u></p> <ul style="list-style-type: none"> - Students revise and practise the whole finished dance that they have learnt with the music. They also begin to practise moving on and off the stage safely in their lines/formations. Focus – Performing movements correctly, safely and to the beat of the music Moving on and off stage in a timely and safe manner Staying in their formations and remembering changes in formations <p><u>Cool-Down</u> See appendix for a detailed list of cool-down games and activities.</p> | 5 mins 30 mins 5 mins | |
| Week 8 | <p><u>* Learning Finale</u> Students from K-6 learn a choreographed dance to perform as a whole school in the finale at the end of the concert “Dance Through the Ages”. The dance is made up of very simple movements to suit the skill level of the broad range of abilities and ages of students.</p> <p><u>* Performance</u> Students perform their choreographed routine at their school performance concert with a focus on having fun and being safe.</p> | | |