

DANCE LESSON PLAN

Date: 5.1.16 **Area of Activity/Theme:** Dance **Group/Class:** Year 3 **Lesson No.:** 1 **Lesson Duration:** 50 mins **Venue/Facility:** Sports hall

LEARNING RESOURCES

Laptop and Projector: Stereo Whiteboard , pens, eraser

TIME	LEARNING ACTIVITIES <i>(Progressive, differentiated, focussed questioning)</i>	TEACHING POINTS	EVIDENCE OF LEARNING <i>(assessment criteria, observation)</i>
5	Introduce myself, taught PE and dance for a long time and hope to share my enthusiasm over the next 6 weeks to learn, be active, have fun and in the end perform a dance relating to your whole school topic of Brazil 'And stop'	Dance - you can't get it wrong, feel the music and enjoy	
5	Starter Peanut Butter Jelly - Galantis Warm up - Moving about the space Stretching - move body parts close then away, eg hands and feet, nose and toes, Clapping in circles Free dance at the end and smiling	Put their hand on chest at start and the end to monitor breathing rates	Can tell differences of breathing patterns and why
5 15 5 5 5	Development Music: Carnival Spirit Brazilian Lounge Music What do you know about Brazil? Put on the broad - Any words they use Show DVD 'Rio' Carnival: Scene 19.5 More words on board Samba intro: https://www.youtube.com/watch?v=7q5wh5F49FQ Teach the basic Samba steps. Practice and 'feel' the music Introduce the rotation, 4 repetitions at front, side and other side (right first) In pairs add hand gestures. Demo a few, roll arms, shake at corners, airplane arms. Either follow, face, side by side Free stepping patterns for Carnival feel, anywhere	Brazilian dance is rich in culture, and history. Brazil's main dance styles are Samba, Lambada and Foro, may have heard of capoeira too? We'll do some Samba and lambada, both solo and partner dancing, Brazilian dance styles are known to resonate with people who know how to move. Knees light and bounce	Can use expressive movement words about Carnival Can repeat and perform ideas
5	Perform the perfect presentation - still to start and end still, after verbal prompts throughout	Still at start and end and hold until say 'Rest'	
5	Plenary What was the name of the dance we did? What must you remember about dance? Had a go at Samba, looked at Carnival You made up your own Brazilian dance - well done!	Samba Can't be wrong and enjoy it	Engaged in Q &A at the end

DANCE LESSON PLAN

Date: 13.1.16 **Area of Activity/Theme:** Dance **Group/Class:** Year 3 **Lesson No.:**2 **Lesson Duration:** 50 mins **Venue/Facility:**Sports hall

LEARNING RESOURCES

Laptop and Projector: Stereo Whiteboard , pens, eraser

TIME	LEARNING ACTIVITIES <i>(Progressive, differentiated, focussed questioning)</i>	TEACHING POINTS	EVIDENCE OF LEARNING <i>(assessment criteria, observation)</i>
5	<p>Starter What makes you beautiful - One Direction Warm up - Moving about the space, smiles Clapping in circles Samba moves Free dance at the end and smiling Repeat the Samba dance</p>	<p>Dance - you can't get it wrong, feel the music and enjoy Move around room with purpose, not being silly</p>	<p>Can tell why it's important to warm up</p>
5	<p>Development Music: To Brazil! Road to Rio 2016 What Olympic sports are there? Name and put on board http://www.rio2016.com/en/sports look at pictures http://www.olympic.org/sports for info</p>	<p>Big sporting event happening this year? London 2012 Olympics - Rio 2016</p>	<p>Can give examples of the Sports at the Olympics. Can interpret appropriate actions for these sports</p>
5	<p>Do actions of some of the sports all together Eg: Swimming: front crawl and back (4) Football dribble and score Tennis serve, forehand, back Horse riding/jumping</p>		
15	<p>Pick 4 sports and do all the same actions use their ideas for group bit. Practice In pairs they choose own 2 favourites and practice</p>	<p>Bounce Samba x 4 and moving to singing. Sports: 2 favourite in pairs; Group sports Repeat 2 favourites and group Finish position in whole group different sports.</p>	<p>Can repeat and perform ideas</p>
10	<p>Build dance:</p>		
5	<p>Perform the perfect presentation - still to start and end still, after verbal prompts throughout</p>	<p>Still at start and end and hold until say 'Rest</p>	
5	<p>Plenary What is the Olympics? Where will they be held this year? Will you watch it? In August You have done a complete Brazilian dance based on Olympic sports Well Done!!</p>	<p>Olympics very exciting to watch such brilliant athletes competing in the country you're studying Can't be wrong in dance and enjoy it</p>	<p>Engaged in Q &A at the end</p>

DANCE LESSON PLAN

Date: 20.1.16 **Area of Activity/Theme:** Dance **Group/Class:** Year 3 **Lesson No.:**3 **Lesson Duration:** 50 mins **Venue/Facility:**Sports hall

LEARNING RESOURCES

Laptop and Projector: Stereo Whiteboard , pens, eraser

TIME	LEARNING ACTIVITIES <i>(Progressive, differentiated, focussed questioning)</i>	TEACHING POINTS	EVIDENCE OF LEARNING <i>(assessment criteria, observation)</i>
5 5	<p>Starter Sax -Fleur East Warm up - Moving about the space, smiles Clapping in circles, box step, side step Samba moves Free dance at the end and smiling</p>	<p>Dance - you can't get it wrong, feel the music and enjoy</p> <p>Move around room with purpose, not being silly Movement should have attitude</p>	Can tell why it's important to warm up
5 5 10 15	<p>Development Music: Lambada Kaoma</p> <p>Teach Lambada dance steps: Step fwd, 3 little steps and step back. Pivot, same front rotates front, side , back, side and change direction. 4 steps forward, arms out and circle from centre, 4 steps back but shoulder leads back. Arms at right angles and switch for count of 2 (can bounce) Box step forwards and shake and back and shake</p> <p>With partner choose favourite 3, decide a sequence and repeat</p> <p>Intro Unison and Canon, add that to partner steps Build dance: Whole group 5 steps Partner work Repeat beginning steps as a whole group Free dance Finish position Perform the perfect presentation - still to start and end still, after verbal prompts throughout</p>	<p>Lambada means to shake. It's a forbidden dance</p> <p>Bounce, Fwd, 1,2,3 little and back step Pivot, in 1/4s both ways x 2 4 steps forward arms circling, 4 back should leading. Arms at right angles and switch (slower)</p> <p>Still at start and end and hold until say 'Rest</p>	<p>Trying to shake their bodies while doing the steps.</p> <p>Can repeat and perform ideas</p>
5	<p>Plenary Lambada, what does it mean? To shake. More partner dance and more steps</p> <p>You have done another complete Brazilian dance Well Done!!</p>	<p>Lambada - just shake and Can't be wrong and enjoy it</p>	Engaged in Q &A at the end

DANCE LESSON PLAN

Date: 27.1.16 Area of Activity/Theme: **Dance** Group/Class: Year 3 Lesson No.:4 Lesson Duration: 50 mins Venue/Facility:Sports hall

LEARNING RESOURCES

Laptop and Projector: Stereo Whiteboard , pens, eraser

TIME	LEARNING ACTIVITIES <i>(Progressive, differentiated, focussed questioning)</i>	TEACHING POINTS	EVIDENCE OF LEARNING <i>(assessment criteria, observation)</i>
5	<p>Starter Fun, lively music Warm up - 4 corners, activities at each corner and ways of travelling around sports hall Free dance at the end and smiling</p>	Dance - you can't get it wrong, feel the music and enjoy	Can tell why it's important to warm up
5 5 10 15	<p>Development Music: Lambada Kaoma Performance to parents at end of term, 3 weeks to learn, practice and observe each other. Our theme is the lambada Show: https://www.youtube.com/watch?v=6lzWHGrjz0E Shall we start like that, going to your partner?</p> <p>Practice Lambada dance steps: kick to side, 3 little steps, kick to other side Step fwd, 3 little steps and step back. 4 steps forward, arms out and circle from centre, 4 steps back but shoulder leads back. Arms at right angles and switch for count of 2 (can bounce) Box step forwards and shake and back and shake</p> <p>With partner choose favourite 3, decide a sequence and repeat Think about levels and dynamics</p> <p>Make 3 groups: Decide formation: lines, circles in their pairs Repeat first group sequence</p> <p>Build dance: Whole group lambada walk towards each other Partner work Repeat beginning steps as a 3 groups but in pairs Free dance Finish position</p>	<p>Lambada means to shake. It's a forbidden dance</p> <p>Bounce, Travel to partner Fwd, 1,2,3 little and back step 4 steps forward arms circling, 4 back should leading. Arms at right angles and switch (slower)</p> <p>Still at start and end and hold until say 'Rest</p>	<p>Trying to shake their bodies while doing the steps.</p> <p>Can repeat and perform ideas</p>
5	<p>Plenary Lambada, what does it mean? To shake. More partner dance and more steps</p> <p>You have done another complete Brazilian dance Well Done!!</p>	Lambada - just shake and Can't be wrong and enjoy it	Engaged in Q &A at the end

DANCE LESSON PLAN

Date: 27.1.16 **Area of Activity/Theme:** Dance **Group/Class:** Year 3 **Lesson No.:**4 **Lesson Duration:** 50 mins **Venue/Facility:**Sports hall

LEARNING RESOURCES

Laptop and Projector: Stereo Whiteboard , pens, eraser

TIME	LEARNING ACTIVITIES <i>(Progressive, differentiated, focussed questioning)</i>	TEACHING POINTS	EVIDENCE OF LEARNING <i>(assessment criteria, observation)</i>
5	<p>Starter Fun, lively music Warm up - 4 corners, activities at each corner and ways of travelling around sports hall Free dance at the end and smiling</p>	Dance - you can't get it wrong, feel the music and enjoy	Can tell why it's important to warm up
5	<p>Development Music: Lambada Kaoma Performance to parents next week so practice and observe each other.</p>	Lambada means to shake. It's a forbidden dance	Trying to shake their bodies while doing the steps.
5	<p>Start position in hall and correct orientation: 2 lines facing each other. Practice partner steps: x 3</p>		
10	<p>Remember and practice 1 step in group (3 groups)</p> <p>Build dance: Whole group lambada walk towards each other Partner work</p>	Bounce, Travel to partner Back to back (same step) x 2 Partner work - 3 different step patterns	Can repeat and perform ideas
15	<p>Repeat beginning steps as a 3 groups but in pairs Free dance Finish position</p> <p>If time, record and playback partner, group work so they can observe themselves and improve performance.</p>	Travel to group do 1 step pattern (when singer elongates words) Stood in pairs but all in time - 4 forward, 4 back x3 Pairs own repetition Pairs carnival pairs procession Finish in pairs facing front	
5	<p>Still at start and end and hold until say 'Rest'</p>		
5	<p>Plenary Performance next week Well Done!!</p>	Remember partner work, group work Can't be wrong and enjoy it	Engaged in Q &A at the end

