

Year 5 Dance Unit 5.2

National Curriculum objectives

Perform dances using a range of movement patterns.

These skills are fluid and may commence later or earlier in specific year groups and possibly cross them contingent of outcomes.

Key Learning

Performance and appreciation

- Learn, rehearse and perform choreographed dance phrases of increasing complexity
- Self-assess and assess others' work and give critical feedback using appropriate vocabulary

Choreography

- Create versatile movements within a dance sequence including a range of directions
- Choreograph a sequence of movements that use contact between two or more people

Movement

- Use a range of dance techniques to develop their movements
- Develop movements to incorporate at least one lift in a sequence of movements
- Identify floor plans and use within their movements, including starting and finishing area

Key Vocabulary

Choreographed: The design of the dance.

Level: There are three levels in dance movement: high, middle and low i.e. low level would be floor level.

Mirroring: Involves imitating qualities of movement.

Musicality: How dancers hear, interpret, and dance to music.

Pathways: Patterns created in the air or on the floor by the body or body parts.

Phrase: Is a short choreographic element that has an intention and feeling of a beginning and an end.

Popping: A style of **dance** that started in the late 1960's and 70's, it is characterized by sudden tensing and releasing of the muscles.

Sequence: A group of linked movements.

Stance: Dancer's posture, positioning or placement.

Transition: Movement, passage, or change from one position to another.


Unison: When two or more dancers perform the same steps at the same time.

Variation: A basic movement is stated and then altered in various ways.


Equipment

- 15x Gymnastic mats laid out around the learning space (for cool down).
- Music (suggestion: something that pupils are familiar with)
- Video camera

Key Questions



What positions or movements did you do well?



What did you like/dislike about body popping?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down