

Recap: What do we know about dance?

Lesson 1/6

To introduce working to a regular beat and explore different movement patterns

Success Criteria

To be able to:

- **Work creatively and imaginatively**
- **Use fundamental shapes/movements (Jog, jump, hop and balancing)**
- **Explore a variety of different movement patterns in time to the music**
- **Perform a range of basic movements (Gestures, canon and unison)**

Recap: To introduce working to a regular beat and explore different movement patterns

Lesson 2/6

To introduce and develop a short sequence with a partner

Success Criteria

To be able to:

- **Work creatively and imaginatively, independently and in pairs**
- **Use and structure simple movement patterns individually and in pairs**
- **Link actions (Simple dance routine in pairs or small group)**
- **Perform dances fluently and with control**

Recap: To introduce and develop a short sequence with a partner

Lesson 3/6

To practice and perform a dance sequence to a regular beat

Success Criteria

To be able to:

- **Watch and understand what people are trying to put across in their dance and be able to discuss**
- **Use movements which express ideas, mood or feelings**
- **Perform dances fluently and with control**

Recap: To practice and perform a dance sequence to a regular beat

Lesson 4/6

To introduce a group sequence using different movement patterns

Success Criteria

To be able to:

- **Work creatively and imaginatively, independently and in a small group**
- **Respond to a change in the tempo to the music**
- **Choreograph a small group dance show different creative ideas each week**
- **Perform dances fluently and with control**

Recap: To introduce a group sequence using different movement patterns

Lesson 5/6

To practice and perform group sequences and rehearse the full dance routine

Success Criteria

To be able to:

- **Work independently and in small groups to plan, prepare and perform a dance routine**
- **Create and perform fluent dance routines (5-6 elements)**
- **Perform dances fluently and with control and remember routines without being prompted**

Recap: To practice and perform group sequences and rehearse the full dance routine

Lesson 6/6

To perform a full dance sequence to a regular beat

Success Criteria

To be able to:

- **Watch and understand what people are trying to put across in their dance and be able to discuss and analyse the strengths and areas of improvement of dance routines, using key terminology**
- **Perform dances fluently and with control to the rhythm in the style of the music**
- **Evaluate and refine their own and others work**