

# LESSON PLAN: **DANCE:** YEAR 1: WEEK 6

**LESSON OBJECTIVE:** To learn performance skills.

## **WARM UP (10 MINS)**

Musical Statues: Teacher plays music, pupils dance around the room, when the music stops they have to freeze. If they move they are out.

**Question:** Why do our ribs move in and out really fast after dancing?

## **MAIN LESSON (20 MINS)**

Tell pupils that it is competition week and they will be judged on how well they perform their dance together in unison with their partners, and also how well they use control, rhythm and expression to tell their story.

Give pupils 10 minutes to practice their routine to perfect it. Highlight any good practice.

Encourage them to perform their movement phrases and short dances with control and accuracy.

## **GAME/COMPETITION (15 MINS)**

Go around the room letting each pair perform their dance giving them a score out of 10 using a judging criteria.

Give Prizes out for 1st, 2nd and 3rd and a certificate for effort and participation.

## **EQUIPMENT**

- Music / stimuli

## **KEYWORDS**

- Clear movements
- Start and finish positions
- Timing

## **DIFFERENTIATION**

### **LESS ABLE**

Can perform with another pair if they don't want to perform on their own. Be lenient on the judging criteria.

### **MORE ABLE**

Stricter judging criteria for more able pupils.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform their actions in different directions to a high ability?
	2	Can they perform the actions using two directions with a certain degree of control?
	1	Can they perform the actions moving in a direction, but to a low ability?
Tactics, Rules & Teamwork	3	Works with their partner & demonstrates knowledge & the understanding of task
	2	Can work with a partner & understands the directions
	1	Starts communicating with a partner?
Show & Link	3	Can they link : 4 dance actions, using direction, to a high ability?
	2	Can they show and link : 2 dance actions, using direction, together?
	1	Show two taught dance actions together.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why dance and rhythm has health benefits.
	2	Has some knowledge of why dance and rhythm has health benefits.
	1	Has little knowledge of why dance and rhythm has health benefits.