

Dance

Lesson Framework

- Starting activity
- Vocabulary/ dance recall and practise
- Exploration and development of different movement ideas
- Making a dance/ adding a new dance to an existing one
- Concluding activity

Skills

The core principles of movement revolve around these 4 questions

- What the body is doing?
- How is the body moving?
- Where are the movements going to be performed?
- With whom or what is the action performed?

These four principles are broken down to look at the skills below:

What is the body doing?

- Travelling
- Being still
- Making a shape
- Jumping
- Turning
- Gesturing

How is the body moving?

- Time
- Weight
- Flow

Where are the movements going to be performed?

- Personal space
- General space
 - Move in different directions
 - Move along different pathways
 - Move through different levels
 - Be different sizes

With whom or what is the action performed?

- Relationships with peers
- Relationships with the different parts of the body
- Relationships with a partner
 - Matching
 - Mirroring
 - Meeting and parting
 - Meeting, avoiding or passing by
 - Travel towards a partner

- Travel around
 - Leading and following
 - Question and answer
 - Canon
 - Unison
 - Contrasting
 - Surrounding
 - Under, over, between and through
- Relationships within a group
 - Can be varying sizes
 - Content should be simpler than individual tasks and differentiated as required
 - Changing formations, including but not limited to:
 - Circle
 - Line
 - File
 - Semi-circle
 - A double-line
 - A V shape

Scheme

Progression starts in Unit 1 and ends in Unit 4. Teachers teach dance starting in unit 1. Each unit is designed to have between 4 and 8 lessons of 60mins in duration.

Year	Unit 1	Unit 2	Unit 3	Unit 4
EYFS	<ul style="list-style-type: none"> ● Stars ● Rabbits ● Follow my feet ● Hickory dickory dock ● Autumn leaves 	<ul style="list-style-type: none"> ● Icicles and water ● Mr Jelly & Mr strong ● Wriggling William ● The angry elephant 	<ul style="list-style-type: none"> ● Blowing bubbles ● Dinosaurs ● The shaking puppet 	<ul style="list-style-type: none"> ● The scarf ● Painting a picture ● The hungry caterpillar
1	<ul style="list-style-type: none"> ● Streamers ● Conkers ● Playing with a ball 	<ul style="list-style-type: none"> ● March, march, march ● Jack and the beanstalk 	<ul style="list-style-type: none"> ● Fog and sunshine ● Washing day ● Handa's surprise 	<ul style="list-style-type: none"> ● The Rainbow Fish ● We're going on a bear hunt
2	<ul style="list-style-type: none"> ● The cat ● Balloons ● Reach for the stars 	<ul style="list-style-type: none"> ● Friends ● Bubbles ● Shadows 	<ul style="list-style-type: none"> ● Words and word messages ● Three little pigs 	<ul style="list-style-type: none"> ● Copy cat ● Pat-a-cake polka ● Jumping joan ● Elsdon circle dance ● Galopede ● Circassian circle