



Dance

Lesson sequence

- To create group movements selecting and applying choreography into a routine
- To use our bodies to perform technical movements with control and rhythm
- To create movements from a stimulus creating dances that use compositional principles.
- To experience dances from different cultural traditions
- To review, describe and evaluate our dance performances

Concept Links/Prior Knowledge

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- Rhythm
- Dynamics
- Mood
- Understand tactics
- In history we looked at Notting Hill carnival including the routines ,costumes and atmosphere

Sticky learning

New Knowledge

- To know how to develop timing to build mood.
- To know how to perform for others and listen to their comment to make improvements.
- To know how to choreograph my own moves and those of others, linking complex moves, styles and techniques.
- Know a range of static and dynamic stretches
- Know the components of fitness and how they apply to different activities
- Know how physical activity can benefit physical, mental and social well-being

New Skills

- To create and compose a structured group routine to traditional samba music.
- To carry out samba steps.
- Work collaboratively as a team.
- Focus on timings, clarity of movements, and group awareness.
- Communicate the artistic intention of dance clearly, fluently, musically and with control.
- To evaluate and improve their own and others' performance.

Vocabulary

Samba

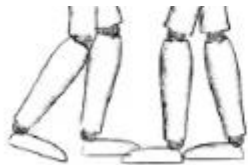
Rhythm

Dynamics

Control

Choreography

Fluency



On the first beat of the music, slide the left foot forward very slightly and put the body's full weight on it.



Sliding the right foot forward, let the body shift subtly onto the ball of the right foot. As with the Back Basic, the right heel should not touch the floor.



After the left leg lifts as the weight shifts, place it back on the floor, flat and ready to go into the complementary Back Basic.

