

## Year 5 Dance Unit 5.3

### 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

### Equipment

- Images of different features of a river (ox-bow Lake, meandering, waterfall, tributaries, rapids)
- Pictures of different rivers from a bird's eye view
- Mats
- Music that is the sound of a river flowing
- River/water music and poems
- Pack of highlighters

### Key Vocabulary

**Balancing:** Ability to maintain the centre of gravity of the body while minimizing sway.

**Canon:** A movement canon occurs when dancers perform the same phrase one after the other.

**Direction:** Forward, backward, sideways, up and down.

**Floor plan:** The layout plan of the dancing area.

**Freeze frame:** Individuals or groups create a still image using their bodies.

**Gesture:** Is a movement of any part of the body that is not weight bearing.

**Imagery referred to:** Ox-bow Lake, meandering, waterfall, tributaries, rapids.

**Improvisation:** Is movement that is created spontaneously, or without preparation

**Levels:** there are three levels in dance movement: high, middle and low i.e. low level would be floor level.

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

**Staging:** Is the process of selecting, designing, adapting to, or modifying the performance.

**Tempo:** The speed of movement.

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

**Travelling:** This can be the stationary movement of body weight from one part of the body to another or the travelling movement of a person/group from one area to another.

### Key Questions

What works well with the group freeze?

What went well with group dance moves?

### 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