

WOOLGROVE SCHOOL

MEDIUM TERM PLAN FOR **PE: COUNTRY DANCE** CLASS; Y3 DATES: **SPRING**

<p>LEARNING OBJECTIVES + P of S</p>	<p style="text-align: center;"><u>QCA DANCE UNIT 1:</u></p> <p style="text-align: center;"><u>FOCUS: TRADITIONAL COUNTRY DANCE</u></p> <ul style="list-style-type: none">• to explore movement ideas and respond imaginatively to a range of stimuli• to move confidently and safely in their own and general space, using changes of speed, level and direction • to compose and link movement phrases to make simple dances with clear beginnings, middles and ends• to perform movement phrases using a range of body actions and body parts• to recognise how their body feels when still and when exercising • to talk about dance ideas inspired by different stimuli• to copy, watch, and describe dance movement
<p>ACTIVITIES AND RESOURCES (inc. staff)</p>	<p>All lessons will begin with body awareness and warm up activities and conclude with cool down session</p> <ul style="list-style-type: none">• Lessons to incorporate a range of traditional dances developing individual, paired and group skills <p><u>SYVSPRING</u> <u>LUCK 7</u></p> <ul style="list-style-type: none">• WHOLE CLASS SONGS• Model dance; following sequence of movements/linking different actions; walking/skipping/high/low body movements <p><u>CLAPPING SONG</u></p> <ul style="list-style-type: none">• Children to sit/stand in circle whole group actions creating different movements to song; clapping/stamping/shaking etc..• As group work out sequence of movements to follow e.g. clap for 8/click for 8/ stamp for 8

	<ul style="list-style-type: none"> • Split class into 2 groups; staff to support group to make their own dance sequence of movements to clapping song <p><u>CUMBERLAND SQUARE 8</u> <u>FLYING SCOTSMAN</u> <u>MILITARY 2 STEP</u></p> <ul style="list-style-type: none"> • Dance to develop individual movements/ working towards paired work • Paired work to encourage movement and cooperation • Movement working on expressive quality, body positioning/stance etc
<p>LINKS WITH OTHER SUBJECT</p>	<p>This unit could be linked to:</p> <ul style="list-style-type: none"> • language – learning new vocabulary • SDP LINK: mathematics – developing spatial awareness and counting skills • music – developing awareness of rhythm • PSHE – developing children’s awareness of others • science – understanding the body
<p>EXPECTED OUTCOMES</p>	<p><i>most children will be able to:</i> perform basic body actions; use different parts of the body singly and in combination; show some sense of dynamic, expressive and rhythmic qualities in their own dance; choose appropriate movements for different dance ideas; remember and repeat short dance phrases and simple dances; move with control; vary the way they use space; describe how their lungs and heart work when dancing; describe basic body actions and simple expressive and dynamic qualities of movement</p>

	<p><i>some children will not have made so much progress. They will be able to:</i></p> <p><i>some children will have progressed further. They will be able to:</i></p>	<p>explore basic body actions; begin to make single movements and combine movements using different parts of the body; practise moving expressively and clearly; try to choose movements that reflect the dance idea; with help, remember, repeat and link movement phrases and dances; recognise when they feel out of breath when dancing; recognise and describe some body actions and some expressive and dynamic qualities of movement</p> <p>perform more complicated combinations of movement fluently and with control; perform clearly and expressively; show an awareness of phrasing and music; choose movements that show a clear understanding of the dance idea; say why their heart beats faster and their temperature rises when dancing; talk about dance using a range of descriptive language</p>
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