

## Westhoughton High School: Dance Curriculum outline

### Lesson structure

1: Introduction to key actions 2: Explore Actions and Relationships 3: Dynamics and use of space 4: Choreographing to a stimulus 5: Final performance of dance piece

<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>KS4</u>
<p><b>Key Actions</b>  <b>PE</b>-Perform movements such as Jump, travel, roll and balance in isolation as a solo.                      Emphasis on performing key shapes such as front support, back support, Pike &amp; Straddle sit, Dish, Arch, 1 foot stand, Bridge, Headstand, Handstand, Shoulder stand</p> <p><b>Sport</b>-Understanding of good quality movements.  <b>1,2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs and arms <b>3</b></p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Key Actions</b>  <b>PE</b>-Perform street/Lyrical dance movements that are advanced and require a high level of coordination. Be able to remember a phrase of movement.<b>1</b>                      Include Counterbalances Acrobatic gymnastic balances in the opening phrase of dance piece.</p> <p><b>Sport</b>- Be able to identify perform with good physical skills.<b>2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs, arms and core <b>3</b>                      Know some joints and movement possibilities at these joints</p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Key Actions</b>  <b>PE</b>-Perform contemporary style movements such as falls, recoveries and use breath, Be able to remember movements and perform with physical and stylistic skills <b>1</b>                      Safe entry and exit out lifts and balances.  <b>Sport</b>-Apply physical and stylistic skills <b>2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs, arms, core and hands/feet. <b>3</b>                      Know some joints and movement possibilities at these joints                      Know the 3 different muscle types</p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Key Actions</b>  <b>PE</b>-Be able to acquire a phrase of movement that requires physical, interpretive and stylistic skills  <b>.1 Perfrom Partner, trio and group acro balances at the beginning of piece</b></p> <p><b>Sport</b>- Apply physical. Interpretative and stylistic skills                      Able to exit safely into and out of balances.</p> <p><b>Health</b>-Know the location of some bones and muscles in the legs, arms, core and hands/feet.                      Know some joints and movement possibilities at these joints                      Know the 3 different muscle types with examples                      Know the characteristics of different muscle fibre type</p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence,</p>

			Resilience, Communication
<p><b>Relationships and Actions</b></p> <p><b>PE</b>-Be able to progress to duos and teach one another their pieces and explore new movement ideas. Perform travelling actions such as Rolling – Pencil, tedding bear, side, forward roll to sit</p> <p><b>Sport</b>-Knowledge of and ability to apply Formation, canon. <b>1,2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs and arms</p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Relationships and Actions</b></p> <p><b>PE</b>-Be able to perform a street dance phrase. That includes a travelling section <b>Travelling – advanced rolls and agilities</b> Forwards and backwards roll to standing or to straddle Cartwheel</p> <p><b>1</b></p> <p><b>Sport</b>-Be able to implement canon, mirror and contrast in to do dance pieces <b>2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs, arms and core Know some joints and movement possibilities at these joints</p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Relationships and Actions</b></p> <p><b>PE</b>- Be able to perform <b>Travelling – advanced agilities</b> Handstand forward roll Round off 1 <b>Sport</b>- Explore and implement contact work and action and reaction. Use retrograde and counterpoint relationships.<b>2</b></p> <p><b>Health</b>- Know the location of some bones and muscles in the legs, arms, core and hands/feet Know some joints and movement possibilities at these joints Know the 3 different muscle types <b>3</b></p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>	<p><b>Relationships and Actions</b></p> <p><b>PE</b>-Be able to perform differnt travelling action such as Round off Arial Forward/backward walkover Flic Back somersault</p> <p><b>Sport</b> Generate your own movement ideas and know how and when to select and apply different relationships to communicate choreographic intent. <b>1,2</b></p> <p><b>Health</b>-Know the location of some bones and muscles in the legs, arms, core and hands/feet. Know some joints and movement possibilities at these joints Know the 3 different muscle types with examples Know the characteristics of different muscle fibre type <b>3</b></p> <p><b>Character</b>- Teamwork and fair play, Communication, Confidence,</p>

			Resilience, Communication
<p><b>Dynamics and use of space</b>  <b>PE:</b> Perform and remember a phrase <b>1</b>  Perform key movements such as Straight jump, Tuck, 180 jump, Star jump, Cat leap, split jump</p> <p><b>Sport:</b> Implement fast and slow, strong and light and add in a change of levels. <b>2</b>  <b>Health-</b> Know the location of some bones and muscles in the legs and arms <b>3</b></p> <p><b>Character-</b>  Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Dynamics and use of space</b>  <b>PE:</b> Perform and remember a street dance phrase.  Flight &amp; assisted flight Pike, straddle. 1/2 turn and full turn, cat leap ½ turn, scissor kick, supported jumps (acro) <b>1</b>  <b>Sport:</b> Implement fast, slow. strong/light/flowing and abrupt-use of pause. Add in levels and look at pathways and directions. <b>1,2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms and core</p> <p>Know some joints and movement possibilities at these joints</p> <p><b>Character-</b>  Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Dynamics and use of space</b>  <b>PE:</b> Demonstrate and understand the importance of musicality and be able to change the dynamics in a dance piece accordingly  Explore the performance of jumps to change dynamics  Flight &amp; assisted flight Jump to catch Pitch  Cat leap full turn, Pike jump, ring leap . <b>1</b></p> <p><b>Sport:</b> Be able to experiment with dynamics and map out entrances and exits and identify changes in space. <b>2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms, core and hands/feet. <b>3</b>  Know some joints and movement possibilities at these joints  Know the 3 different muscle types <b>3</b></p> <p><b>Character-</b>  Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Dynamics and use of space</b>  <b>PE-perform Flight</b>  Assisted flight (Acro) Individual vaults (Artistic)</p> <p><b>Sport</b>  Select and apply a range of dynamics and use of space to communicate choreographic intent. <b>1,2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms, core and hands/feet. Know some joints and movement possibilities at these joints  Know the 3 different muscle types with examples  Know the characteristics of different muscle fibre type <b>3</b></p> <p><b>Character-</b>  Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>

<p><b>Choreographing to a stimulus</b></p> <p><b>PE:</b>Use a picture stimulus and generate movement ideas from that picture <b>1</b></p> <p><b>Sport:</b> Apply RADS to create their piece.<b>2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs and arms <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Choreographing to a stimulus</b></p> <p><b>PE:</b>Be able to adapt routine to match a stimulus generate movement ideas on the stimulus <b>1</b></p> <p><b>Sport:</b> Apply RADS that match the theme. <b>2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms and core Know some joints and movement possibilities at these joints <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Choreographing to a stimulus</b></p> <p><b>PE:</b>Perfrom group dance movements with good phsical and stylistic skills <b>1</b></p> <p><b>Sport:</b>Explore diversity dance on stamping out racism and be able to use a stimulus that has a political message. Use appropriate RADS listed below. dynamics, formation, canon, levels <b>2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms, core and hands/feet. Know some joints and movement possibilities at these joints Know the 3 different muscle types <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p><b>Choreographing to a stimulus</b></p> <p><b>PE:</b>Be able to perform a group routine by selecting their own stimulus idea, music and generate their own movement ideas. Select and apply appropriate RADS. <b>1</b></p> <p><b>Sport</b> Be able to use a range of RADS <b>,2</b></p> <p><b>Health-</b>Know the location of some bones and muscles in the legs, arms, core and hands/feet. Know some joints and movement possibilities at these joints Know the 3 different muscle types with examples Know the characteristics of different muscle fibre type</p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication</p>
<p><b>Final performance</b></p> <p><b>PE:</b>Perform their final dance piece showing</p>	<p><b>Final performance</b></p> <p><b>PE:</b> Perform their final performance</p>	<p><b>Final performance</b></p> <p><b>PE</b>Perform their final performance with</p>	<p><b>Final performance</b></p> <p><b>PE:</b>Excellent physical skills, mental skills,</p>

<p>good movement memory and some good quality movements.</p> <p>Sport: Be in time with the music and one another. Demonstrate good mental skills <b>1,2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs and arms <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p>demonstrating an understanding of the stimulus. PE: Demonstrate good physical and mental skills throughout.</p> <p><b>Sport:</b> Perform choreography that matches the stimulus <b>1,2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms and core</p> <p>Know some joints and movement possibilities at these joints <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p>excellent physical skills, mental skills and expressive skills <b>1</b></p> <p><b>Sport:</b> Perform choreography that matches the stimulus</p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms, core and hands/feet.</p> <p>Know some joints and movement possibilities at these joints</p> <p>Know the 3 different muscle types <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>	<p>expressive skills and technical skills applied throughout the dance piece. <b>Sport:</b> Clearly identify the stimulus and use RADS effectively.. <b>1,2</b></p> <p><b>Health-</b> Know the location of some bones and muscles in the legs, arms, core and hands/feet.</p> <p>Know some joints and movement possibilities at these joints <b>3</b></p> <p>Know the 3 different muscle types with examples</p> <p>Know the characteristics of different muscle fibre type <b>3</b></p> <p><b>Character-</b> Teamwork and fair play, Communication, Confidence, Resilience, Communication <b>4</b></p>
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## Dance curriculum

**Key concepts: (referenced by a number above for lessons)** These will be taught through dance and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. PE - **Motor competence**- students will develop coordination in order to perform the variety of movements used within dance effectively and in time with music.

2. Sport -**Rules, strategies & tactics**- students will explore a range of choreographic skills, terminology and strategies and implement these into a taught piece and their own choreography.

3. **Health- Healthy participation**- students will develop their aerobic endurance, anaerobic endurance, reaction time, coordination, balance and agility through participating in dance. Lessons will increase heart rate in the short term and this will have a positive impact on health in the long term. For some students participation in lessons will encourage students to attend extra-curricular clubs at school and even perform dance outside of school.

4: **Character**- Teamwork and fair play, Communication, Confidence, Resilience, Communication