

## KS5 Dance Option Medium Term Plan – 3 Year Rolling Programme

**All lesson split into 1 hour Theory and 1 hour Physical Activity**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Safety & Hazards AND Warm up and cool down	Make/copy movements & rhythm	Healthy life styles AND Careers in dance	Movement & choreography. Use of props	Body Concepts - big/small/dimensions/level/ speed/direction	Observations & evaluations
	<p>Introduction to dance Discuss the basics Rules of the dance studio Space awareness Why we warm up? Why we cool down? Key Vocabulary</p> <p style="background-color: #e0e0e0;">AQA Unit 72763 Introduction to dance</p> <p>Devise a programme of warm up exercises. Write up individual session plans for the programme. Lead the sessions and gather feedback from the participants.</p> <p>Hydration</p> <p>Teacher taught routine Ghostbusters</p>	<p style="background-color: #e0e0e0;">AQA Unit 1121199 Dance Genres</p> <p>Discuss and research different dance styles. Their background history. Learn a dance routine in a specific style.</p> <p>Different dance styles and trends (The Floss) Different movements, feelings, mime.</p> <p>Famous Choreographers</p> <p>Discuss different dance shows. Look into planning a trip for the summer.</p> <p>Teacher taught routine Christmas performance Jingle Bell Rock</p>	<p style="background-color: #e0e0e0;">AQA Unit PSE027 Healthy Lifestyles.</p> <p>These include areas such as promoting fitness, health care services, a balanced diet, activities that promote fitness, local amenities providing fitness opportunities.</p> <p>Discover what is needed for a healthy body and good eating habits. Identify physical activities and where we can access them locally.</p> <p>We will discuss different dance career paths</p> <p>Teacher led Routine Students will also choreograph individually and as a class.</p>	<p>Prop - Pom Poms &amp; ribbons</p> <p style="background-color: #e0e0e0;">AQA Unit 75914 Developing Dance and Performance skills</p> <p>We will be looking at 'choreography' and watching many dances and working on how to plan, perform and evaluate. Research famous dancers and choreographers.</p> <p style="background-color: #e0e0e0;">AQA Unit CE4818 Dance Awareness (PRINT)</p> <p>Use and importance of verbal and no-verbal instruction.</p> <p>Students will also choreograph individually, as a group and as a class.</p> <p>Teacher led Routine with a prop All that Jazz - Hat Putting on the Ritz - Cane</p>	<p style="background-color: #e0e0e0;">AQA Unit 73806 Dancing to Music</p> <p>Develop an idea through dance choreography. Work on how to plan, perform and evaluate, including different dance styles, action words, creating a dance motif, dynamics, space and formations. Show awareness of interpreting rhythm and timing.</p> <p>Discuss and experiment with different body concepts within a piece of choreography. Big/small/dimensions/level/speed/direction.</p> <p>Learners will choreograph their own routine, individually or in small groups.</p> <p>Teacher led Routine Summer fete performance dance</p>	<p>Watch a performance live, virtual and/or a dance film. Discuss the event/performance.</p> <p>Compare the experience of being a member of the audience with being the artist and a performer.</p> <p>Write a review on a performance (Live/film/individual piece)</p> <p>Teacher led Routine Summer fete performance dance</p>

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Year 2	<p>Safety &amp; Hazards AND Warm up and cool down</p>	<p>Make/copy movements &amp; rhythm</p>	<p>Healthy life styles AND Careers in dance</p>	<p>Movement &amp; choreography. Use of props</p>	<p>Body Concepts - big/small/dimensions/level/ speed/direction</p>	<p>Observations &amp; evaluations</p>
	<p>Introduction to dance Basics - Rules Space awareness Why we warm up? Why we cool down? Vocab</p> <p style="background-color: #d3d3d3;">AQA Unit 114679 Dance: The Human Body (PRINT)</p> <p>The human skeleton. Main muscles and bones. Organs functions. What happens to the heart and lungs in dance activity. Discuss Injury and prevention</p> <p>Teacher taught routine Men in Black</p>	<p style="background-color: #d3d3d3;">AQA Unit 108539 Exploring emotions through performing arts with assistance (PRINT)</p> <p>Different movements using mime and expression. Feeling and emotions. Different stimuli.</p> <p>Look into planning a trip for the summer term</p> <p>Teacher led dance - Christmas Routine Walking in a Winter Wonderland - Upbeat version</p>	<p style="background-color: #d3d3d3;">AQA units; 70280 covering healthy lifestyles</p> <p>Re-cap a balanced diet. What can lead to an unhealthy lifestyle. Including factors such as drinking alcohol, smoking and lack of exercise</p> <p>Promote physical amenities activities to promote a healthy lifestyle</p> <p>Sun protection</p> <p>Discuss different dance career paths and research</p> <p>Teacher led Routine along with individual and group choreography</p>	<p>Prop - Circus equipment</p> <p style="background-color: #d3d3d3;">AQA Unit 72557 Learning and Performing a Dance Routine Based on a Theme. (PRINT)</p> <p>Work co-operatively with others to learn a routine and perform to an audience.</p> <p style="background-color: #d3d3d3;">AQA Unit 88520 Introduction to Circus Skills. (PRINT)</p> <p>Discovering how to use props effectively within dance. Experiment with a range of circus equipment and how the equipment can be used within a dance.</p> <p>Create movement phrases to go into a class dance with a prop.</p> <p>Teacher led Routine</p>	<p style="background-color: #d3d3d3;">AQA Unit 13543 PE: Exploring and communicating ideas, concepts and emotions: Dance (with or without support) (PRINT)</p> <p>Plan, practice and perform a short sequence or routine of movements with regular control, consistency and accuracy, eg gesture, movement, jumping, turning, stillness. Including change of speed direction shape size</p> <p>Grasp the principal rules, conventions and etiquette of dance</p> <p>Performing a simple solo, duo or group dance sequence or routine.</p> <p>Teacher led Routine</p>	<p style="background-color: #d3d3d3;">AQA unit 87395 Taking part in a visit to the theatre (PRINT)</p> <p>We will watch a performance live, virtual and/or a dance film and discuss the event/performance. Compare the experience of being a member of the audience with being the artist and a performer.</p> <p>Teacher led Routine</p>

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Year 3	Safety & Hazards AND Warm up and cool down	Make/copy movements & rhythm	Healthy life styles AND Careers in dance	Movement & choreography. Use of props	Body Concepts - big/small/dimensions/level/ speed/direction	Observations & evaluations
	<p>Introduction to dance Basics - Rules, Space awareness Why we warm up? Why we cool down? Vocab</p> <p>AQA Unit 70422 Dance warm up; with assistance</p> <p>Why and how we can warm up as a dancer. Different types of exercise/stretching. Isolations, pulse raiser. Take part in physical exercise. Cool down stretches and breathing.</p> <p>Teacher taught routine Thriller</p>	<p>AQA Unit 108540 Explore emotions through performing arts (PRINT)</p> <p>AQA Unit 75914 Developing dance and performance skills (PRINT)</p> <p>Musical Theatre. What is musical theatre? Discuss different shows, style of dance, background stories. Learning dance routines from different shows past and present. Create movement phrases to go into a class dance with chosen track from a musical.</p> <p>Look into planning a trip to watch a show.</p> <p>Teacher taught routine - You can't stop the beat</p> <p>Class dance for a Christmas Assembly performance. Student and teacher choreography</p>	<p>AQA Unit 112493 Healthy Lifestyle</p> <p>Activities that lead to an unhealthy lifestyle. Covering alcohol, smoking, drugs, sun protection and a balanced diet.</p> <p>Why exercise is important? Activities and amenities that promote fitness. Mindfulness and relaxation.</p> <p>AQA Units 116711 Taking part in Yoga (PRINT)</p> <p>AQA unit CE7221 - Aerobics</p> <p>Look at different ways to keep fit to music including aerobics, boxercise, aqua aerobics, yoga etc.</p> <p>Discuss different dance career paths and research</p> <p>Teacher led Routine</p>	<p>Prop - cane &amp; hat</p> <p>AQA Unit 81455 Modern Educational dance: Group dance (Unit 1)</p> <p>Dynamics including; Personal space. Gesture, jumping, stepping and turning. Direction/Pathways. Change of flow, power and speed. Choice of stimulus.</p> <p>AQA Unit 70567 Introduction to Street dance (Initial or LA) (HA/EXT 89846 Street - Unit 1)</p> <p>Teacher led Routine</p>	<p>AQA unit 99546 Dance: Basic Choreography</p> <p>Working in a group choreograph and perform a short dance using a variety of speeds whilst dancing, including fast, slow and still and perform it on three levels, high, medium and the floor with a clear beginning, middle and end.</p> <p>Show an awareness of body weight by moving with strong/firm and light/gentle movements.</p> <p>Participate in a discussion about choice of music for the group performing the dance to a selected audience.</p> <p>Teacher led Routine</p>	<p>We will watch a performance live, virtual and/or a dance film and discuss the event/performance. Compare the experience of being a member of the audience with being the artist and a performer.</p> <p>AQA unit 79442 Producing an information leaflet and/or poster (LA) AQA unit 83361 Producing an information leaflet and/or poster (MA)</p> <p>Read at least 3 leaflets. Discuss content and presentation Plan a draft leaflet/poster on a chosen subject. Then create a final leaflet/poster.</p> <p>Show your leaflet/poster and received and give peer feedback</p> <p>Teacher led Routine</p>

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108243 Work Experience (LA) Extension

108244 Work Experience (Unit 2) Extension

111472 (HA) Learning to be a dance leader