

KS4 Dance Option Medium Term Plan – 2 Year Rolling Programme

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

Learners participate in the dance option for half a term. The session is split into a practical and theory session.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
KS4 Year 2	Safety & Hazards AND Warm up and cool down	Make/copy movements & rhythm Movement & choreography. Use of props	Safety & Hazards AND Warm up and cool down	Safety & Hazards AND Warm up and cool down Careers in dance	Healthy life styles	Movement & choreography. Use of props Body Concepts - big/small/dimensions/level/ speed/direction	Observations & evaluations
	Learners will take part in a physical dance class and think about why and how we can warm up and cool down as a dancer. Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will look at different dance styles. Learners will get the opportunity to create expressive movement phrases individually or in small groups. Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will look at the human body and what changes the body takes place during exercise Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will look at the human body and what changes the body takes place during exercise Learners will research different dance career paths Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will look at activities that promoting fitness, a balanced diet, local amenities providing fitness opportunities, mindfulness and relaxation. Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will experiment using movements with regular control including gesture, emotion, jumping, turning, stillness, speed, direction, shape and size. Learners will follow and understand the importance of verbal and non-verbal instruction. Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.	Learners will watch different performances and discuss, comparing the experience of being a member of the audience with being the artist and a performer. Teacher led Routine Learners will work co-operatively with others to learn a routine to perform to an audience.