

KEY STAGE 2			Dance		
YEAR 4					
LESSON TITLE	STIMULUS	Warm Up	BASIC CONTENT	Cool Down	Top Dance
Laugh a Minute Section 1 - Story Walks	Cartoons	Copy Cats	FOCUS - WHAT, WHERE, HOW: Action- travelling, Body Part, Shape, Level, Direction, Speed, Weight. Explore characters and respond through movement, create motifs/movement patterns varying shapes, speeds and tension, remember, practise and combine longer dance phrases, work with a partner using varying compositional elements (unison, canon, action/reaction question/answer)	Mirrors	Laugh a minute
Laugh a Minute Section 2 - Strike a Pose	Cartoons	Copy Cats	FOCUS - WHAT, HOW: Body Shapes, Gestures, Compositional Elements and Formations. Use different compositional ideas to create motifs, remember, practise and combine longer dance phrases.	Stretches	Laugh a minute
Laugh a Minute Section 3 - Comic Strip	Cartoons	Taps	FOCUS – HOW: Compositional Elements (unison, canon, action/reaction, question/answer). Experiment with a wide range of actions, varying spatial pattern, speed and tension, remember, practise and combine longer, more complex dance phrases.	Numbers	Laugh a minute
The Iron Man Section 1- The Iron Man	Story Characters	Mobile Phone	FOCUS - WHAT, HOW: Body Actions, Weight/energy. Explore action words through movement, use simple choreographic principles to create motifs through narratives.	Kim’s Game	
The Iron Man Section 2- The Angry Farmers	Story Characters	Mobile Phone	FOCUS - WITH WHOM: Small Group Work, Formations. Use simple choreographic principles to create motifs and communicate character and tension, work as a small group to develop group formations.	Mirrors	
The Iron Man Section 3 - The Plot.	Story Characters	Musical Body Parts	FOCUS - WITH WHOM, COMPOSITIONAL PRINCIPLES: Partner work, Timing. Experiment with a wide range of actions, varying spatial pattern, speed and tension, remember, practise and combine longer, more complex dance phrases, perform with timing and a sense of spatial pattern.	Mirrors	
Work, Rest, Play Section 1 - Work	Everyday Life	Shapes and Lines	FOCUS- WHAT & HOW: Body Actions, Directions, Levels, Speeds, Weight/energy, Compositional elements. Create more complex dance phrases with a wide range of actions, vary spatial pattern, perform with fluency and control.	Relaxing	Work, Rest, Play
Work, Rest, Play Section 2 - Rest	Everyday Life	Taps	FOCUS- WHAT & HOW: Body Actions, Directions, Levels, Speeds, Weight/energy, Compositional elements. Create more complex dance phrases with a wide range of actions, vary spatial pattern, perform with fluency and control.	Pull and Push	Work, Rest, Play
Work, Rest, Play Section 3 - Play	Everyday Life	Taps	FOCUS- WHAT & HOW: Body Actions, Directions, Levels, Speeds, Weight/energy, Compositional elements. Create more complex dance phrases with a wide range of actions, vary spatial pattern, perform with fluency and control.	Slower, Lower, Higher	Work, Rest, Play
Power of the Circle Section1 - Circles	Myths and Legends	Flash Cards	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Parts, Levels, Directions, Focus, Speed, Weight/energy, Flow, Size. Experiment with a wide range of actions, varying and combining spatial pattern, communicate what they want through dances and perform with fluency and control showing sensitivity to the accompaniment.	Kim’s Game	Power of the Circle
Power of the Circle Section 2 – Dream Catcher	Myths and Legends	Gears and Levers	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Parts, Levels, Directions, Focus, Speed, Weight/energy, Flow, Size. Experiment with a wide range of actions, varying and combining spatial pattern, communicate what they want through dances and perform with fluency and control showing sensitivity to the accompaniment.	Kim’s Game	Power of the Circle
Power of the Circle Section 3 – Pow Wow	Myths and Legends	Gears and Levers	FOCUS- WHAT, WHERE & HOW: Body Actions, Body Parts, Levels, Directions, Focus, Speed, Weight/energy, Flow, Size. Experiment with a wide range of actions, varying and combining spatial pattern, communicate what they want through dances and perform with fluency and control showing sensitivity to the accompaniment.	Mirrors	Power of the Circle