

KEY STAGE 2			Dance		
YEAR 3					
LESSON TITLE	STIMULUS	Warm Up	BASIC CONTENT	Cool Down	Top Dance
Numbers Section 1 - Numbers	Numbers/ Visual Pattern	Gears and Levers	FOCUS - WHERE & COMPOSITIONAL ELEMENTS: Levels, Directions, Speeds, Unison and Canon. Show an imaginative response to stimuli, use own choices of movement, incorporate different qualities and dynamics to their movements, create an link dance phrases using simple dance structure, perform as part of a group emphasising rhythmic qualities e.g. counting.	Slower, Lower, Higher	Links: Lottery
Numbers Section 2 - Simple Sum	Numbers/Visu al Pattern	CD Players	FOCUS - WHERE, WHOM & COMPOSITIONAL ELEMENTS: Levels, Directions, Speeds, Partner work, Unison and Canon. Show an imaginative response to stimuli, use own choices of movement, incorporate different qualities and dynamics to their movements, create an link dance phrases using simple dance structure, perform with a partner emphasising rhythmic qualities e.g. counting.	Slower, Lower, Higher	Links: Lottery
Numbers Section 3 - Lottery	Visual Image	CD Players	FOCUS - WHOM & HOW: Small group work, Group Formations. Show an imaginative response to stimuli, use own choices of movement, incorporate different qualities and dynamics to their movements, create an link dance phrases using simple dance structure, explore new actions when working with a group, perform with a small group emphasising rhythmic qualities e.g. counting.	Cat Stretches	Links: Lottery
The Weather Section 1 - Wind	Imagery/visual/ Information Books	Alphabet Soup	FOCUS - WHERE & COMPOSITIONAL ELEMENTS: Directions and Action/reaction. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform as part of a group.	Push and Pull	
The Weather Section 2 - Rain	Imagery/visual/ Information Books	Taps	FOCUS - WHERE, WHOM & COMPOSITIONAL ELEMENTS: Levels, Directions, Speeds, Partner work, Unison and Canon. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform with a partner.	Stretches	Links: Weather Forecast
The Weather Section 3 -Thunder and Lightning	Imagery/Inform ation Books	Colours	FOCUS - WHERE, WHOM & COMPOSITIONAL ELEMENTS: Levels, Directions, Speeds, Small group work, Unison and Canon. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform in a small group.	Mirrors	Links: Weather Forecast
Machines Section 1- Automation	Poetry	Sweet Shop	FOCUS- HOW & COMPOSITIONAL ELEMENTS. Weight/energy speeds and Flow. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform with a partner.	Relaxing	Machines
Machines Section 2 - Efficiency	Poetry	Shapes and Lines	FOCUS- HOW & COMPOSITIONAL ELEMENTS: Weight/energy speeds and Flow. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform in a small group.	Stretches	Machines
Machines Section 3 - Chaos	Poetry	Movement Patterns	FOCUS- HOW & COMPOSITIONAL ELEMENTS: Weight/energy speeds and Flow. Improvise freely translating a stimulus into movement, incorporate different dynamics and qualities into their movements, describe what makes a good dance phrase, perform in a small group.	Mirrors	Machines
Traditional Dance Section 1 – Taught Dance	Formations	Taps	FOCUS- COMPOSITIONAL FORMATIONS. Explore and learn new actions and steps whilst working with a partner, learn dances from different times and places, compose and link dances using simple formations, keep up activity over a sustained period of time.	Push and Pull	Dorset Ring Dance
Traditional Dance Section 2 – Circle Dance	Formations	Taps	FOCUS- COMPOSITIONAL FORMATIONS. Explore and learn new actions and steps whilst working in a small group, learn dances from different times and places, compose and link dances using simple formations, keep up activity over a sustained period of time.	Kim’s Game	Dorset Ring Dance
Traditional Dance Section 3 – Changing Formations	Formations	Copy Cats	FOCUS- COMPOSITIONAL FORMATIONS. Explore and learn new actions and steps whilst working in a small group, learn dances from different times and places, compose and link dances using simple formations, keep up activity over a sustained period of time.	Relaxing	Dorset Ring Dance