

DANCE
IT OUT

BEGINNERS GUIDE TO TEACHING DANCE LESSONS

KEY STAGE 1

NATIONAL CURRICULUM - DANCE

PUPILS SHOULD DEVELOP FUNDAMENTAL MOVEMENT SKILLS, BECOME INCREASINGLY COMPETENT AND CONFIDENT AND ACCESS A BROAD RANGE OF OPPORTUNITIES TO EXTEND THEIR AGILITY, BALANCE AND COORDINATION, INDIVIDUALLY AND WITH OTHERS. THEY SHOULD BE ABLE TO ENGAGE IN COMPETITIVE (BOTH AGAINST SELF AND AGAINST OTHERS) AND CO-OPERATIVE PHYSICAL ACTIVITIES, IN A RANGE OF INCREASINGLY CHALLENGING SITUATIONS.

PUPILS SHOULD BE ABLE TO:

- PERFORM DANCES USING SIMPLE MOVEMENT PATTERNS

KEY STAGE 2

PUPILS SHOULD CONTINUE TO APPLY AND DEVELOP A BROADER RANGE OF SKILLS, LEARNING HOW TO USE THEM IN DIFFERENT WAYS AND TO LINK THEM TO MAKE ACTIONS AND SEQUENCES OF MOVEMENT. THEY SHOULD ENJOY COMMUNICATING, COLLABORATING AND COMPETING WITH EACH OTHER. THEY SHOULD DEVELOP AN UNDERSTANDING OF HOW TO IMPROVE IN DIFFERENT PHYSICAL ACTIVITIES AND SPORTS AND LEARN HOW TO EVALUATE AND RECOGNISE THEIR OWN SUCCESS.

PUPILS SHOULD BE TAUGHT TO:

- DEVELOP FLEXIBILITY, STRENGTH, TECHNIQUE, CONTROL AND BALANCE
- PERFORM DANCES USING A RANGE OF MOVEMENT PATTERNS
- COMPARE THEIR PERFORMANCES WITH PREVIOUS ONES AND DEMONSTRATE IMPROVEMENT TO ACHIEVE THEIR

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COUNTING

MOST OF THE MUSIC YOU HEAR EVERYDAY (EXCEPT THE WALTZ) IS STRUCTURED IN SETS OF 8 BEATS. THE 8 COUNT DEFINES THE BEAT. SO IF YOU CAN COUNT IT- YOU CAN FIND THE BEAT.

ACTIVITY CARD COUNTING

PLAY MUSIC WITH DIFFERENT TEMPO'S AND SEE IF THE CHILDREN CAN HEAR THE BEAT, THEY COULD USE THEIR HANDS TO CLAP THE BEAT TO 8 WHILST REPEATING IT OUT LOUD. PROGRESS TO PATTING THEIR KNEE'S LIKE DRUMS WHILST REPEATING OUT LOUD. WHEN THEY ARE FEELING MORE CONFIDENT THEY COULD TRY WALKING AROUND THE ROOM TO THE BEAT WHILST COUNTING TO SAY THE 8 COUNTS OUT LOUD.

ALWAYS COUNT YOUR DANCERS IN 5,6,7,8 – SO THEY KNOW WHEN TO BEGIN. THIS IS THE EQUIVALENT OF GO OR NOW

MUSIC IDEA'S TO GET YOU STARTED

FAST

- Hair Up - Trolls
- You Can't Stop The Beat - Hairspray
- Happy - Pharrell Williams
- I Gotta Feeling - Black Eyed Pea's

MID

- Best day of My Life - KidZ Bops Kids
- Old Town Road - Billy Ray Cyrus
- Under The Sea - Little Mermaid
- Bibbidi-Bobbidi- Boo - Cinderella

SLOW

- You've Got A friend In Me - Toy Story
- Beauty & the Beast - Beauty & the Beast
- Lost Boy - Ruth B
- A Whole New World - Aladdin

ACTIVITY CARD

WARM UP IDEAS

WARMING UP IS ESSENTIAL TO RAISE THE BODY'S TEMPERATURE TO INCREASE THE BLOOD FLOW TO THE MUSCLES TO REDUCE MUSCLE SORENESS PREVENT INJURY

IDEA'S TO GET YOU STARTED

- Create a large circle - jog/run in circle
- - change direction of circle
- - change to a gallop
- Jog on spot
- Jump feet together - swinging arms
- Jump feet apart -swinging arms
- Jumping Jacks
- Rotate arms forwards, repeat backwards
- circular shoulder forwards and backwards
- Fist punches in different directions
- Head, neck, ankle and wrist rotation

Ideas/Games/Competitions

- - Musical statues - increase focus to perform a particular shape/stretch or balance when the music stops.
- - Plank for a certain amount of time/who can hold the longest
- - Simon says - include different commands- balances, jumps, actions, gestures, travelling steps.
- - Hokey Cokey - direct the students over the music to copy your actions
- - Crab Race - make a bridge shape race across the floor, great for stretching and using their muscles
- Exercise circle - a leader goes into the middle and chooses an exercise (anything from Jumping Jacks to sit ups) the students then copy for 20 secs - change leader

Be sure to warm up everything from head through to toes

DANCE ACTIONS

ACTIONS CAN BE DESCRIBED AS THE MOVEMENTS THE BODY MAKES. EXAMPLES OF ACTIONS ARE TRAVELLING, JUMPING, TURNING, GESTURES AND STILLNESS.

AS YOUNG PEOPLE DEVELOP THEY WILL BE ABLE TO PERFORM MORE COMPLEX COMBINATIONS OF THESE ACTIONS.

TRAVEL

- RUN
- SKIP
- GALLOP
- HOP
- CRAWL
- MARCH

GESTURE

- HEAD NOD
- SHOULDER SHRUG/ROLL
- FINGERS SHAKE
- HAND CLAP
- BOTTOM WIGGLE
- FOOT TAP

JUMP

- LONG SHAPE
- STAR SHAPE
- TWISTED SHAPE
- TUCK SHAPE
- JUMP AND TURN
(QUARTER, HALF, FULL)
- LEAP

DANCE IT OUT

DANCE ACTIONS



STEP

- FORWARDS
- BACKWARDS
- WITH CLAP
- TO SIDE
- CROSS STEP TO THE SIDE
- AND POINT
- AND KICK
- AND SLIDE
- HOPSCOTCH

STILLNESS

- STAND STILL
- SIT STILL
- KNEEL
- LEAN AGAINST A PARTNER
- FREEZE FRAME SHAPE
- CREATE YOUR OWN PAIR AND FREEZE FRAME A SHAPE

TURN

- ON FEET- SPIN
- STEP AND TURN
- WITH JUMP
- ON BOTTOM
- ON KNEES
- ON HANDS AND FEET
- TURN TO CHANGE DIRECTION - HALF/QUARTER
- ROLL (SIDEWAYS, FORWARD, SHOULDER, LOG, ETC)

ACTIVITY CARD DANCE ACTIONS

- DEMONSTRATE TO THE CHILDREN A SMALL NUMBER OF ACTIONS AND GET THEM TO COPY YOU.
- ASK A SMALL NUMBER OF CHILDREN TO COME TO THE FRONT OF THE CLASS AND DEMONSTRATE THEIR OWN ACTION AND THE CLASS COPY THEM.
- ASK CHILDREN TO WORK IN SMALL GROUPS – EACH HAS TO PICK AN ACTION AND THEN ALL OF THEIR GROUP TO JOIN THE ACTIONS TOGETHER TO MAKE A SMALL COMBINATION – EACH GROUP TO PERFORM IN FRONT OF THEIR PEERS

THIS DOES NOT HAVE TO BE TO MUSIC BUT CAN BE TO HELP THEIR CREATIVITY OR AS THE NEXT LEVEL

- WATCH A DANCE RELATED VIDEO AND ASK THE CHILDREN TO REMEMBER ALL THE DIFFERENT ACTIONS THAT THEY CAN SEE – ASK THE CHILDREN TO THE COPY THESE ACTIONS AND TO THEN COME UP WITH MORE ACTIONS OF THEIR OWN – THERE ISN'T REALLY A WRONG IDEA. THE CHILDREN CAN BE AS IMAGINATIVE AS POSSIBLE.

ACTIVITY CARD DANCE ACTIONS

- **SNOWBALL** - ALL CHILDREN TO STAND IN A CIRCLE AND ONE PERSON STARTS WITH AN ACTION AND THEN THE NEXT PERSON COPIES THE ACTION
- **FOLLOW THE LEADER** - ALL CHILDREN TO WALK AROUND THE ROOM FOLLOWING A LEADER. THE LEADER CHOOSES A MOVE AND EACH CHILD REPEATS IT COPYING THE PERSON IN FRONT OF THEM (SIMILAR TO A DOMINO EFFECT) AS IT PASSES DOWN THE LINE YOU COULD WAIT UNTIL ALL CHILDREN HAVE COMPLETED THE FIRST MOVE. YOU CAN ADD ANOTHER LEVEL OR MAKE IT MORE COMPLICATED BY THE LEADER STARTING ANOTHER MOVE AFTER 4/8 COUNTS TO ALLOW CONTINUAL MOVEMENT ALONG THE LINE.

ACTIVITY CARD MAKING UP A DANCE

MUSIC

- BEGIN BY THINKING OF A THEME OR PARTICULAR SONG OR STYLE YOU MAY LIKE OR NEED TO USE. CHOOSING A SONG THE CHILDREN MAY BE FAMILIAR WITH IS A GREAT WAY TO GET THEM ON YOUR SIDE AND KEEP THEM ENGAGED, EVEN IF THEY ARE A LITTLE NERVOUS AT TRYING DANCE
- LISTENING TO VARIOUS SONGS OVER AND OVER WILL HELP YOU TO FAMILIARISE YOURSELF WITH THE MUSIC AND YOU MAY START TO HEAR DIFFERENT PARTS IN THE SONG WHERE CHILDREN CAN DO CERTAIN THINGS.
- 'NOW' ALBUMS AND SONGS BY 'KIDZ BOP' WILL ALL BE SONGS THAT HAVE CLEAN LYRICS TO USE. THESE CAN BE FOUND ON SPOTIFY, APPLE MUSIC AND YOUTUBE ETC. ROYALTY FREE MUSIC ALSO HAS SOME GREAT TRACKS.
- IF YOU ARE LOOKING FOR CERTAIN MUSIC TO WORK A LONG A THEME – 'TRAINS' 'ROBOTS' ETC YOU CAN SIMPLY PUT THIS INTO SPOTIFY AND IT WILL BRING UP PLAYLISTS THAT YOU CAN LOOK THROUGH.

START SIMPLE

- **PLAN AND BE PREPARED!** – CHILDREN WILL PREFER TO COPY YOU SO MAKE SURE YOU KNOW THE STEPS WELL. THEY WILL ALSO HAVE LOTS OF THEIR OWN IDEAS– THIS CAN BE REALLY HELPFUL AS THEY CAN COME UP WITH SOME GREAT MOVES.
- REMEMBER TO ALWAYS COUNT THEM IN WITH **5,6,7,8**
- START IN '**UNISON**' – ALL THE DANCERS DOING THE SAME MOVES. REMEMBER TO COUNT EACH STEP TO HELP THE DANCERS KEEP IN TIME.
- USE SIMPLE GESTURES AND MOVEMENTS TO HIGHLIGHT OR REPRESENT THE LYRICS OR STORY
- USE THE '**ACTIONS**' FROM THE PREVIOUS RESOURCE CARDS TO HELP YOU JOIN SOME MOVES TOGETHER.
- ONCE YOU HAVE JOINED A SMALL NUMBER OF STEPS TOGETHER, REPEAT THESE OVER AND OVER UNTIL THE CHILDREN FEEL CONFIDENT. USING WORDS, SOUNDS OR COUNTING WILL HELP THE CHILDREN REMEMBER THE STEPS. EVEN IF THEY MISS THE ADJOINING MOVE THEY WILL REMEMBER THE MOVE THAT YOU HAVE NAMED 'STAR' OR AEROPLANE ARMS'

ACTIVITY CARD

MAKING UP A DANCE - EXPLORE

EXPLORE

WHEN CHOREOGRAPHING YOUR DANCE – TRY TO USE DIFFERENT WAYS TO EXPLORE THE STEPS TO ADD LEVELS, TRAVELLING, SHAPES TO MAKE YOUR DANCE INTERESTING

EXAMPLE

- START OFF SIMPLE WITH DOING THE STEP ON THE SPOT – WAVING ARMS ABOVE THE HEAD FROM SIDE TO SIDE
- THEN LOOK AT CHANGING THE RHYTHM FASTER OR SLOWER OR A MIX OF BOTH, USING YOUR COUNTS TO KEEP THEM IN TIME.
- ADD IN BENDING THE KNEES LIKE A SQUAT AND TAKING THE ARMS FROM EITHER SIDE – STARTING WITH BOTH HANDS ON THE LEFT KNEE AND MAKING A RAINBOW WITH THE ARMS OVER THEIR HEAD FINISHING WITH BOTH HANDS ON THE RIGHT KNEE – REPEAT BACK AND FORTH.
- ANOTHER ALTERNATIVE COULD BE WAVING ABOVE THE HEAD WHILST SKIPPING FORWARDS/BACKWARDS

ACTIVITY CARD

MAKING UP A DANCE - PRACTISE

PRACTISE

REPEAT, REPEAT, REPEAT – JUST KEEP GOING OVER IT, GREAT FOR MUSCLE MEMORY. THIS WILL ALLOW YOU TO SPOT ANYONE THAT NEEDS HELP OR SEE ANY DIFFICULT BITS THAT NEED REVIEWING AND BREAKING DOWN.

WITH AND WITHOUT MUSIC – ALLOW THE CLASS TO PRACTISE WITH AND WITHOUT THE MUSIC, IT CAN SOMETIMES BE A DISTRACTION WHEN WORKING OUT THE STEPS.

PARTNER WORK – WORKING IN PAIRS OR SMALL GROUPS TO HELP EACH OTHER

FILM – USING AN IPAD OR SIMILAR DEVICE IS A GREAT WAY FOR YOU TO TRACK EACH WEEK WHAT HAS BEEN LEARNT AND ALSO A GREAT TOOL FOR THE CHILDREN TO WATCH THEMSELVES BACK

ACTIVITY CARD

MAKING UP A DANCE- PERFORM

PERFORM

HALF AND HALF – A REALLY HELPFUL TOOL IS TO SPLIT THE CLASS INTO SMALL GROUPS OR IN HALF AND LET THEM WATCH EACH OTHER DANCE. WHETHER THIS IS A SMALL COMBINATION OF STEPS OR A WHOLE DANCE, THIS REALLY HELPS THEM WITH GAINING EXTRA CONFIDENCE IN PERFORMING AS WELL AS OTHERS LEARNING FROM VISUALLY WATCHING THEIR FRIENDS. ASK THE STUDENTS WHO ARE WATCHING TO COME UP WITH SOME WAYS THAT THE CHILDREN COULD IMPROVE OR TO NAME A POSITIVE POINT. MAKE THE CHILDREN AWARE THEY ARE NOT ALLOWED TO NAME SPECIFIC CHILDREN TO AVOID UPSET OR CHILDREN JUST MENTIONING THEIR FRIENDS. GIVE EACH GROUP A ROUND OF A APPLAUSE, AS IF THEY WERE PERFORMING TO A PROPER AUDIENCE

CHANCE TO SHINE... OPEN UP THE OPPORTUNITY FOR ANY GROUPS, PARTNERS OR SOLOS TO GIVE IT A GO ON THEIR OWN – WHETHER THEY GET IT RIGHT OR NOT IT IS A GREAT CONFIDENCE BOOSTER!

COOL DOWN

THE CHILDREN'S ENERGY AND ENTHUSIASM WILL HOPEFULLY BE AT A HIGH AT THE END OF THE SESSION – TAKE SOME TIME TO CALM AND COOL THEM DOWN.

SIMPLE IDEAS:

USE SLOW TEMPO MUSIC TO CREATE SOME CALM, IDEALLY NOTHING THEY CAN SING ALONG TOO.

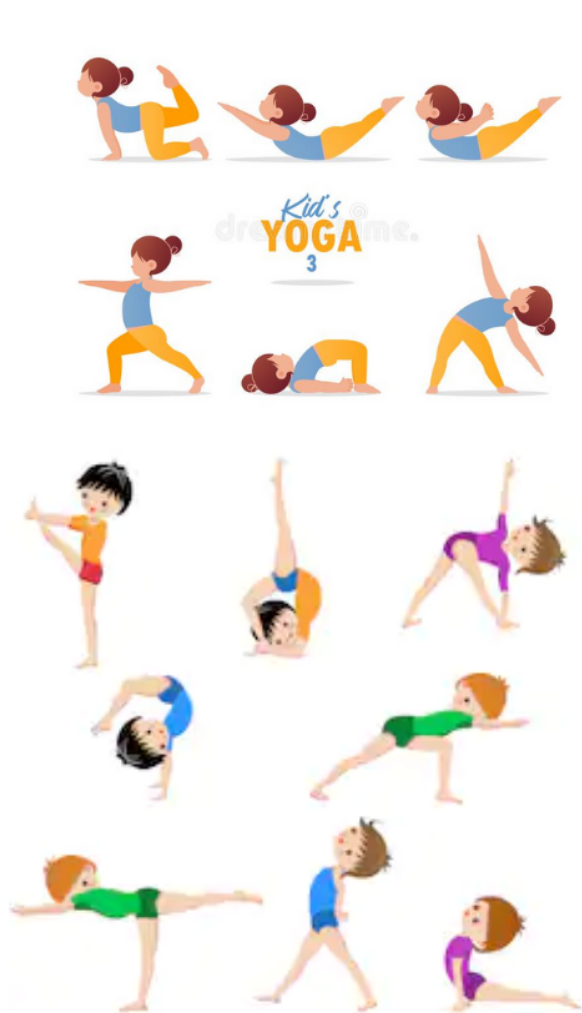
THE DANCERS CAN SIMPLY WALK AROUND THE SPACE OR LAY ON THE FLOOR STRETCHED OUT AND LISTENING TO THEIR BREATHING.

STRETCHES

USE A FEW MINUTES AT THE END TO STRETCH THEIR BODIES, THIS IS THE BEST TIME TO INCREASE THEIR FLEXIBILITY AS THEIR BODIES NOT AT THE BEGINNING OF A SESSION. THINK OF USING YOGA/GYMNASTIC TYPE STRETCHES AND HOLDING EACH STRETCH FOR 10 TO 20 SECONDS.

DANCE IT OUT

ACTIVITY CARD STRETCHES



Peace begins
with me



HOLD FOR 10-20
SECONDS