

LINE DANCING

Year 5 Unit 2 Lesson 5



AREA OF LEARNING: Dance Steps	DATE:	CLASS:
ENGLISH CURRICULUM (2014) LINKS: PE: perform dances using a range of movement patterns		
WELSH CURRICULUM LINKS: Physical Development – Health, fitness & well-being activities		
SCOTTISH CURRICULUM LINKS: Health & Wellbeing: Physical Education		

LEARNING INTENTIONS: Pupils should be taught to... <ul style="list-style-type: none">• ...consolidate their existing skills and gain new ones• ...perform actions and skills with more consistent control and quality• ...develop knowledge, skills and understanding of dance activities• ...create and perform dances using a range of movement patterns, including those from different times, places and culture• ...respond to a range of stimuli and accompaniment
OBJECTIVES: <ul style="list-style-type: none">• To develop understanding of movement and dance• To enjoy dance as an alternative form of exercise

RESOURCES: <ul style="list-style-type: none">• CD player• Range of music• Bean bags/ Foam balls
EXPECTATIONS: <ul style="list-style-type: none">• State to the pupils what your expectations are throughout these lessons i.e. listening, safety etc

CONTENTS: <p>Page 1: - Planning and preparation</p> <p>Page 2: - 40 minute lesson plan</p> <p>Page 3: - Active classroom ideas</p>
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EVALUATION/ASSESSMENT OPPORTUNITIES/SESSION NOTES
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	LEARNING ACTIVITY	TEACHING POINTS
INTRODUCTORY ACTIVITY 5 minutes	Dodge ball: Choose 2 pupils in the class to be 'it', the aim of the game is for those who are not 'it' to avoid being touched or hit with a foam ball. Once pupils are touched or hit (below the waist) they are out and must jog on the spot acting as obstacles, the last person standing wins.	
LESSON FOCUS 20 minutes	Do the children remember the five dance moves they have learnt over the past few weeks? Call out the moves to see if the class can remember the steps. Add the two steps below to their repertoire. Bum kick: - Start with feet together arms at side - Jump forward and land with legs shoulder width apart (knees bent) sticking out your bottom - Jump back to starting position Broadway: - Start with arms held out at shoulder height legs together - Bend knees and kick out right leg across your body – return to start - Bend knees and kick out left leg across your body – return to start Split the class into pairs, pupils should practice a dance together developing a short routine which includes all the moves they have learnt. The pairs should perform their routines, three groups at a time, to the rest of the class. Pupils should critique each other noting how the moves were linked, character added, space used and what did/didn't look good.	The moves are: 1. Basic line dancing sequence – step, slide and clap 2. Box step – step forward and back raising arms 3. Double step - 2 steps to the right, 2 steps to the left 4. Scissor jump – make scissors with your feet 5. Wax on wax off – circle R hand clockwise, L anticlockwise Can use country-western music or otherwise ensuring the pupils dance in an appropriate manner/style. Tell the pupils that adding character to their dance moves will make their dancing better.
COOL DOWN 5 minutes	Divide the class into two groups and have each group assume a position lined up opposite each other at opposite ends of the hall. Place balls/bean bags in the centre of the hall in a line between the pupils. On the whistle both teams run to the centre and retrieve the balls/bean bags, the side with the most balls/bean bags wins.	Reduce the speed of the activity to ensure a through cool down.
CLOSING ACTIVITY 10 minutes	Exercise helps me ... cope with stress. Following on from the previous week's discussion, further the ideas about relaxation and problem solving. Do the pupils notice a difference after doing exercise? Does it help them feel better or more relaxed? More in control? When we exercise the chemicals that our body's release also help to reduce tension and make us feel less stressed. Physical activity is also a great opportunity to distract us from our worries and to take time out.	What is stress? Stress happens when we feel that we can't cope with pressure - http://www.stress.org.uk/What-is-stress.aspx Exercise keeps the heart healthy and gets oxygen into the system, and also helps reduce stress hormones and releases mood improving chemicals which help us cope with stress better - http://www.stress.org.uk/Exercise.aspx

ACTIVE CLASSROOM IDEAS

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ACTIVE CLASSROOM IDEAS	
WARM UP STRETCH – Gym Stretches 2 minutes	Ask the children to stand in a space. The children should copy the actions from the teacher. <ol style="list-style-type: none"> 1. Stretch your left arm across your body and hold for 10 seconds do the same with the right arm. 2. With both arms turn the round like wind mill going forward for 5 and back for 5. 3. Now reach forward and try and touch your toes. 4. Now jump up and down and shake your body all about
ACTIVITY FOCUS – Circle Dancing	Gather the children into a circle. Explain that they are going to carry out line dancing activities together i.e. if stepping left everyone steps left. Give out the following line dancing commands grapevine left, grapevine right, box step, touch left heel, touch right heel, turn full circle, right foot slide, left foot slide etc.
RELAXATION – Big Balloon 3 minutes	Every pupil pretends they are a balloon, which is slowly being inflated. With every breath taken, slowly stand from a squatting position, getting bigger and bigger. Slowly extend the hands and feet away from the body, until with a big bang, the balloon bursts. (Fall to the ground and lie there for a count of 10). Repeat three times.

HEALTH-RELATED FITNESS (take 10 minutes to explore these discussion points)

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