



Dance Autumn 1 – Year 10 –Baseline/Safe practice in Dance

Sequence 1: Baseline

Lesson 1: To demonstrate safe practice through performance of teacher taught exercises.

Formative Assessment and Homework: Pupils to create a display poster showing understanding of safe practice as a dancer and of the dance space.

Sequence 2: - Safe practice in dance /Me as a dancer

Lesson 2: To continue to develop their physical skills through teacher led exercises.

Lesson 3: To develop knowledge of healthy lifestyle of a dancer through nutrition & hydration

Lesson 4: To understand and demonstrate technical skills with technique based exercises, showing safe practice of self, space and other dancers. (ACTIONS)

Lesson 5: To explore use of floor work and travel (SPACE)

Lesson 6: Develop understanding of injury prevention and treatment with basic first aid application

Formative Assessment and Homework: Pupils assessed on their ability to develop their technical and physical skills. Mid feedback tracking sheet to be completed. Homework – Show my homework Lesson 3 poster design Healthy dancers, lesson 6 SMH quiz.

Sequence 3: Choreography & Performance (Expressive & choreographic skills)

Lesson 7 To be able to learn teacher taught phrase in a stylistically pleasing way through duet work (Jar of hearts)

Lesson 8: To rehearse and refine piece for assessment using the ladder to make improvements.

Lesson 9: Assessment – to demonstrate the ability to link sections demonstrating skills learnt and apply use of expressive & choreographic skills.

Lesson 10: To develop understanding of reviewing own and peers work through peer and self-assessment using video analysis and completing WWW & EBI.

Summative Assessment and Homework: Check pupil's ability to apply learnt skills in performance and their ability to identify these reviewing own and others work. Suggest ways to improve and complete tracker sheet.

Big Picture

- Aim – In this unit pupils are to focus on developing their basic technique and developing their dance language. They will take part in baseline assessment and pupils areas of development will be identified in terms of physical skills.
- Theory will be taught holistically through practical lessons in the studio due to the 2 lessons per week timetable.
- Homework set in lesson 2, 4 and 10 or where otherwise appropriate.
- All pupils encouraged to join dance academy (lunchtime facility use also)
- Pupils to be given opportunity to watch observe live dance works via Show my Homework. With this, pupils are also encouraged to use the internet safely and with adult supervision/advisory.

Developing Cultural Capital:

- Pupils to be introduced to the wider physical benefits of dance and leading a healthy lifestyle.
- Injury prevention & caring for injury and ourselves.

Reinforcement and Retrieval Practice

- Action sequences are always revisited and rehearsed as a starter/warm up or through a means of checking understanding.
- Pupils understanding checked through Q & A, mini plenaries and plenaries, using retrieval practice.
- AfL used continuously throughout the unit but specifically lesson 3 & 6.
- Homework set in Lesson 2, 4 & 10 this will allow for spaced learning to be applied.
- Summative assessment through practical performance testing all areas learnt over unit and then ability to Peer and self-assess using video playback.

Progression Model:

- Pupils will have begun to learn the basic principles of contact work which is a key feature throughout dance and will be developed throughout the key stage.
- Transferable skills and specific dance terminology developed to be used in retrieval practice and interleaving throughout the year.
- Transferable knowledge practically through warm ups, choreographic process and cool downs.
- Pupils ability to use verbal articulation will be encouraged and also once again will allow for retrieval skills to be further developed. Use of literacy focus to reinforce this and use as concrete examples within lessons.
- Weekly glossary word testing using the AQA glossary.



Dance Autumn 2 & Spring 1 – Year 10 – Dance Ensemble CAPA 229

Sequence 1:

Intro to CAPA 229 Dance ensemble

Lesson 1: Introduction to CAPA 229 brief

Lesson 2: Research theme and understanding of piece. Audits to be completed (SA)

Formative Assessment and Homework: Pupils research History of Ballet. History of Contemporary dance. Include key point of the style and famous dancers/choreographers. Talk about key words such, as Plie, contract, fall release. Use pictures.

Sequence 2:

Workshops Ballet & Contemporary – TASK 1

Lesson 3 & 4: To continue to develop their physical skills through teacher led exercises in ballet workshop.

Lesson 5 & 6: To develop knowledge of ballet technique through workshop.

Lesson 7 & 8: To continue to develop their physical skills through teacher led exercises in contemporary dance.

Lesson 9: To explore use of floor work and travel (SPACE)

Formative Assessment and Homework: Pupils assessed on their ability to develop their technical and physical skills within dance styles from workshops. Complete the logbooks continuously throughout unit.

Mid feedback tracking sheet to be completed. Homework – given as required to support lessons and reinforcement of learning.

Sequence 3:

Performance (Expressive & choreographic skills) - Task 2

Lesson 10/11: To be able to learn teacher taught phrases in a stylistically pleasing way.

Lesson 12: To rehearse and refine piece for assessment using the ladder to make improvements.

Lesson 13- 20: Learning of dance ensemble piece in collaboration with artistic director and other dancers.

February: Assessment – to demonstrate the ability to link sections demonstrating skills learnt and apply use of expressive & choreographic skills.

Lessons 21-25: To develop understanding of reviewing own and peers work through peer and self-assessment using video analysis and completing WWW & EBI. Completion of task 2 evaluation

Summative Assessment and Homework: Check pupil's ability to apply learnt skills in performance and their ability to identify these reviewing own and others work. Suggest ways to improve and complete task 2

Big Picture

- Aim – In this unit pupils are to focus on developing their ballet & contemporary technique and developing their dance language. They will take part in workshops in these styles ready to demonstrate they styles within an ensemble piece of work.
- Theory will be taught holistically through practical lessons in the studio due to the timetable.
- Homework set where appropriate.
- All pupils encouraged to join dance academy (lunchtime facility use also)
- Pupils to be given opportunity to watch observe live dance works via Show my Homework. With this, pupils are also encouraged to use the internet safely and with adult supervision/advisory.

Developing Cultural Capital:

- Pupils to be introduced to the wider physical benefits of dance and leading a healthy lifestyle.
- Injury prevention & caring for injury and ourselves.

Reinforcement and Retrieval Practice

- Action sequences are always revisited and rehearsed as a starter/warm up or through a means of checking understanding.
- Pupils understanding checked through Q & A, mini plenaries and plenaries, using retrieval practice.
- AfL used continuously throughout the unit.
- Homework set to allow for spaced learning to be applied.
- Summative assessment through practical performance testing all areas learnt over unit and then ability to Peer and self-assess using video playback.

Progression Model:

- Pupils will have begun to learn the basic principles of ballet which is a key feature throughout dance and will be developed throughout the key stage.
- Transferable skills and specific dance terminology developed to be used in retrieval practice and interleaving throughout the year.
- Transferable knowledge practically through warm ups, choreographic process and cool downs.
- Pupils ability to use verbal articulation will be encouraged and also once again will allow for retrieval skills to be further developed. Use of literacy focus to reinforce this and use as concrete examples within lessons.
- Weekly glossary word testing using the definition within log books.