 Week 2 focus

Students identify and discuss the requirements of an effective warm-up, preparing them physically and mentally for movement. Safe dance practices are introduced. Aspects of the element of time are explored.

Integrated learning experiences

Lesson 5

* Effective warm-up – what is needed? Why?
* Safe dance practice – what is safe dance?
* Knowing your body, limitations and capabilities.

Lesson 6

ICT lesson

* Students working on glossary and researching meanings.

Evidence of learning

5.1.1

* Reflect on own capabilities and limitations.
* Safely execute movement sequences.
* Perform non-locomotor and locomotor movements with correct body alignment.

Lessons 7 & 8

* Demonstration and explanation of an effective warm-up
* Introduction to the aspects of Time in Dance:
	+ Metre
	+ Beat
	+ Rhythm
	+ Tempo
	+ Accent
	+ Phrasing
	+ Rhythmic Patterns
	+ Stillness
* Introduction to the notion of experiencing movement in a Performance class—not merely replicating it.

Evidence of learning

4.3.1, 5.3.1

* Oral and movement responses.
* Appropriate use of terminology.