



### What should I already know?

You should already be comfortable using basic movements in isolation; including running, jumping, twisting and turning.

You should have worked on developing balance, agility and coordination, and have begun to apply these in a range of activities.

You should have been taught to apply counts of 8 when performing dance activities.

You should have performed and observed various dance actions and phrases.

### What will I know by the end of the unit?

- Understand the terms unison and canon and apply them to dance phrases.
- Be able to copy and learn a teacher led motif.
- Begin developing and extending motifs to form basic original pieces of choreography.
- Create moments of stillness or freeze frames within your dance piece.
- Use action, reaction principles to choreograph your own dance phrase.
- Compare my performances with previous ones and articulate my thoughts.

### Vocabulary

Motif	The chorus of the dance. It can be repeated, enlarged and changed to tell a story.
Unison	Two or more people performing the same movement at the same time.
Canon	Two or more people perform the same movement phrase beginning at different times.
Choreography	The art of planning, creating and arranging dance movements to create a finished piece.
Freeze Frame	A held pause or planned moment of stillness within a dance piece.
Action	Actions are <u>what</u> we do with our body e.g. twist, turn, jump, run, shrink
Dynamics	Dynamics are <u>how</u> we perform actions e.g. fast, slow, flowing, bound-flow
Action, Reaction	A choreographic device or tool used to create interest.
Gesture	An action performed on one spot. E.g. Facial expression, hand clap, foot tap, shoulder shrug
Levels	Low, medium and high. These involve the height at which the dance actions take place. Crouched, laying, stood tall, jumping or elevated.

# Dance Actions

## TRAVEL



- Run
- Skip
- Gallop
- Hop
- Crawl
- March

## STILLNESS



- Stand still
- Sit still
- Kneel
- Lean against a partner
- Freeze frame shape
- Create your own pair freeze frame shape

## STEP



- Forwards
- Backwards
- With clap
- To side
- Cross step to the side
- And point
- And kick
- And slide
- Hopscotch

## JUMP



- Long shape
- Star shape
- Twisted shape
- Tuck shape
- Jump and turn (quarter, half and full)
- Leap

## GESTURE



- Head nod
- Shoulder shrug/roll
- Fingers shake
- Hand clap
- Bottom wiggle
- Foot Tap

## TURN



- On feet
  - spin
  - step and turn
  - with jump
- On bottom
- On knees
- On hands and feet
- Turn to change direction – half/quarter

## Teacher Led Motif

Pupils will begin learning a teacher led motif during their second week of dance. It is always helpful if they practice the actions at home to improve their confidence when performing in their lessons. A brief reminder of the basic motif is outlined below...

### 1-8 – Juggling

- 1 - Lift L hand & foot (rock right)
- 2 - Lift R hand & foot (rock left)
- 3-8 Repeat

### 1-8 – Tightrope Walking

- 1,2 Circle arms out balance
- 3,4 Left leg step
- 5,6 Right leg step
- 7,8 Circle arms and stop

### 1-8 – Pies in Faces

- 1-4 – L hand pie throw spin right
- 5-8 – R hand pie throw spin left

### 1-8 – Fall over and slide

- 1,4 – circle arms and walk back
- 5,8 – drop and slide