

KS2: Dance Workshop

South American Carnival



1. Getting ready
2. Carnival steps
3. Carnival parade



Dance KS2 - Dance Workshop:

Wonders of the world

Age 7 - 11

The titles in blue used in this pdf hyperlinked so that you can navigate with ease to the online page for each programme and to the audio downloads for each programme.

Credits:

Presenter: Holly-Marie Michael

Music by: Barry Gibson

For the BBC: Andrew Barnes

Dance KS2 - Dance Workshop: South American Carnival

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Introduction

Aims of the series:

- To support non-specialist teachers who have no previous experience of teaching dance or movement
- In addition, to support *specialist* teachers by providing a rich supply of carefully structured movement ideas
- To give your group a wide and varied exploration of different types of movement
- To foster creativity so that children can respond through movement to music, poetry, story or their own emotions, using their own ideas
- To introduce children to a wide diversity of music
- To encourage co-operation and group work within the class
- To develop an aesthetic appreciation of dance as an art form
- To encourage better co-ordination, control and balance and other movement skills
- To practise listening, sequencing and movement memory.

Dance and the National Curriculum:

Dance Workshop targets the dance objectives of the Physical Education curriculum at Key Stage 2, which requires pupils to:

- perform dances using a range of movement patterns
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones...

Downloading the programmes:

The dance sessions in this unit can be downloaded at any time from these Notes or from the website. Go to the individual programme pages or use these links:



Download session 1



Download session 2



Download session 3

The download files are in mp3 format. They should play from any computer but they can also be transferred to an mp3 player - such as a phone or iPod - and then connected to either your IWB or some other sound system.

Some tips for teachers:

- Get involved! Your enthusiasm and / or participation will make a huge difference to the children's overall effort and response.
- Be familiar with the structure of the programmes. Read through these Notes before using them and, if possible, listen to the programme or sections of it before using it with the class.
- Listen carefully for instructions. The programmes include a number of pause points where you are encouraged to switch off the programme to either discuss or practise with your group. These pause points are clearly marked in the content grids for each programme (beginning with the words 'Pause programme' in bold lettering).
- Take control. Feel free to stop the programme as frequently as you'd like to repeat sections, extend ideas or focus on a particular sequence.
- Keep control. Discipline your class as you normally would a PE lesson or hall activity. Encourage real commitment to producing stylish and creative movement by the end of each session.

- Show off! The finished dances as assembly presentations or end of term performances.

Using these Teacher's Notes:

These Teacher's Notes include a detailed content grid for each dance session. The information includes:

Timing - we've adding timings to help you navigate the content

Content / Teacher guidance - a description of the dance activities and guidance to the teacher for how best to organise the children

Evaluation - offers a check list of questions intended to help you assess how effectively pupils are reacting to the material

Hall time:

Each dance session lasts about 20 minutes, but you will need considerably more hall time than the actual length of the audio. About 40 minutes should be ideal. Dress as if for PE: bare feet and shorts and T-shirt, or loose layers that can easily be peeled off.

Feedback:

Feedback is vital to the series and is always welcome. Please email us at: schoolradio@bbc.co.uk

Or you can write to us at:

BBC School Radio
3rd Floor Bridge House
MediaCityUK
M50 2BH



Downloading these dance sessions

These programmes can be downloaded as mp3 files and be shared with your class or group without restriction. Go to the individual programme pages of these Notes or use these links:



Download session 1



Download session 2



Download session 3

Downloading the music sequences

You can also download all the music sequences used from the following link (.zip file):



Download all music



You can also download the content from other platforms, including the iTunes Store.



Click here to download this dance session as an mp3



Carnival city: Rio de Janeiro






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A typical Carnival costume

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Download music clips from this dance session:

-  **DOWNLOAD** Samba warm-up
-  **DOWNLOAD** Carnival costumes
-  **DOWNLOAD** Flag-waving
-  **DOWNLOAD** Samba steps
-  **DOWNLOAD** Cool down
-  **DOWNLOAD** Download all music clips in the South American Carnival unit (.zip file)

1: Getting ready

Introduction

The Carnival in Rio de Janeiro - and many other cities around the world - is held to mark the beginning of Lent. The festival begins on the Friday afternoon preceding Ash Wednesday and ends at noon on Ash Wednesday - when the 40 days of Lent commence.

In the first dance session pupils will show off their imaginary carnival costumes before performing flag-waving patterns and learning some simple moves based on samba.

Summary

Warm-up: Practise a hip-swinging samba step pattern - on the spot first, and then travelling round the room.

Sequence 1: Carnival costumes. Repeat the samba step pattern from the warm up to travel and turn through the spaces, showing off an imaginary carnival costume.

Sequence 2: Flag-waving. Performing different flag-waving patterns (figure-of-eight, circling round on the spot, throwing-spinning-catching); on own and then mirroring a partner.

Sequence 3: Samba steps. A selection of samba based moves including the box step, shoulder shimmies, and flamboyant carnival turns.

Cool down: Walk slowly through the spaces, swinging arms round in large, figure-of-eight patterns, followed by a few gentle stretches to finish.

Timing	Content	Guidance	Evaluation
00:00	Warm-up. Practise the hip-swinging samba step pattern - it's 'Step! Step, step! Step! Step, step!' - on the spot, and then travelling round the room.	Keep body loose and relaxed so hips swing from side to side as you step from one foot to another.	Do pupils master the samba rhythm and perform the step pattern with hip-swinging samba style?
02:17	Sequence 1: Carnival costumes. Repeat the 'Step! Step, step!' samba pattern practised in the warm-up to travel and turn through the spaces, showing off an imaginary carnival costume.	Stretch arms out to the sides and hold head high to really show off! Don't forget to swing hips from side to side.	Samba step pattern should be performed with correct timing, confidence and style. Dancers should look relaxed and flexible.
05:32	Sequence 2: Flag-waving. Practise different flag waving patterns. Swing imaginary flag round to trace large figure-of-eight patterns in front of you.	Bend the top half of your body down to the sides as you circle your flag round and round with big, sweeping arm movements.	Flag-waving moves should be large, exaggerated and convincing.
06:54	Stand up straight and turn on the spot to swing flag round in a big circle. Turn in the opposite direction to swing flag back round the other way.	Keep looking at imaginary flag all the time.	
07:15	Throw flag high into the air, and spin round quickly on the spot before catching it again.	Spins should be quick and focused.	
07:53	With a partner, work out a flag-waving sequence using the moves above and incorporating your own ideas as well.	Stand next to partner to perform with a sense of symmetry, or facing partner to mirror one another's movements.	Do partners create a smooth, flowing performance which can be repeated?
09:22	PAUSE-POINT	If you have time repeat the flag-waving sequence.	
09:38	Sequence 3: Samba steps. The box step: stand straight with feet about a ruler's width apart and step feet round to make a box shaped pattern on the floor. It's - Step 1: right foot forward, in front of left foot. Step 2: left foot crosses in front of right foot. Step 3: right foot steps back behind left foot. Step 4: left foot steps back to where it started, next to the right foot with a gap in between.	Once you've practised try not to look down at your feet! Relax your body and wiggle your hips to perform with samba style.	Can pupils perform the box step with accuracy and confidence? Can they swing their hips at the same time?

Timing	Content	Guidance	Evaluation
12:00	<p>Shoulder shimmies: Stand with feet quite wide apart and arms held loosely out to the sides. Wiggle shoulders so that as one shoulder moves forwards, the other shoulder moves back. Shimmy shoulders over to the right side, and then to the left side. Bend knees to shimmy down low, close to the floor, and then straighten them to shimmy back up.</p>	<p>Wiggle shoulders quickly to get that shimmying action.</p> <p>Maintain a strong forward focus.</p>	<p>Look for vibrant, carnival style shoulder shimmies with the music. You may want to choose a few good examples to demonstrate.</p> <p>Can pupils maintain a strong forward focus throughout?</p>
14:14	<p>Carnival turns: Stand with feet about a ruler's width apart and arms stretched out to the sides. Keep arms stretched out and swing hips from side to side as you circle round on the spot. Try tipping outstretched arms so that one arm points up to the ceiling and the other points down to the floor. Swing hips as you step round the downward pointing arm. Tilt arms the other way so they swap positions, and step back round in the opposite direction.</p>	<p>Hold head high, relax your body and swing those hips! Go for a confident carnival performance.</p>	<p>Can pupils combine the hip-swinging actions with the turning steps?</p>
15:47	<p>PAUSE-POINT for practising the above, then travel through the spaces with the 'Step! Step, step!' samba pattern (stopping with the carnival whistle to perform one of the special carnival moves).</p>	<p>Listen out for the carnival whistle and be ready to perform the special samba moves.</p>	<p>Do pupils respond quickly to the carnival whistle and the presenter's instructions?</p>
17:58	<p>Cool down: Walk slowly through the spaces, swinging arms round in large, figure-of-eight patterns. Breathe in and stretch up on tiptoe. Breathe out and lower heels back down onto the floor. Sit down on the floor with soles of feet together and knees pointing out to the sides. Hold both feet with hands, and lean slowly forward from the waist.</p>	<p>Feel your heart rate gradually slowing back to normal.</p> <p>Increase the stretch by lowering chest down towards feet.</p> <p>Health and safety: only stretch as far as is comfortable.</p>	<p>Pupils should feel calm and relaxed.</p>

2: Carnival steps

Introduction

In the second Carnival dance session pupils will focus on working with a partner and group work. Flag-waving sequences from the previous session are combined with a partner. Then pupils form groups of about six to create follow-the-leader samba lines, taking it in turns to lead the group through a variety of samba moves.

Summary

Warm-up: Repeat the 'Step! Step, step!' hip-swinging samba pattern from previous programme. Add alternate arm swings, tracing large circles out to the sides. Perform movements on the spot and then travelling through the spaces.

Sequence 1: Paired flag-waving. Travel forwards together, as if in a carnival procession, stopping with the whistle to perform special flag waving moves from previous programme, standing next to or facing partner.

Sequence 2: Follow-the-leader. Stay with partner and join two other pairs to make a long, follow-the-leader line of 6. The person at the front of the line performs a simple step pattern or movement combination for the rest of the line to copy and repeat. Carnival whistle cues leader to move to the back of the line, and the new leader takes over.

Sequence 3: Samba school moves. Stay with group and travel through the spaces together with hip-swinging step pattern. A Carnival whistle cues the groups to perform special samba moves from the previous programme: the box step, shoulder shimmies and carnival turns.

Cool down: Slowly walk away from group, swinging arms smoothly round to trace large figure-of-eight patterns. Finish with a few gentle stretches.



Click here to download this dance session as an mp3



Samba dancers in Rio

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Samba dancers in Rio

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Download music clips from this dance session:



Follow-the-leader



Download all music clips in the South American Carnival unit (.zip file)

Timing	Content	Guidance	Evaluation
00:00	Warm up. Repeat the 'Step! Step, step!' hip-swinging samba pattern from previous programme. Add alternate arm swings, tracing large circles out to the sides. Perform movements on the spot and then travelling through the spaces.	Keep body loose and relaxed so hips really swing from side to side as you step from one foot to another. Arm circling movements should smoothly join in with the step pattern.	Dancers should look relaxed and happy. Arm circling movements should co-ordinate smoothly with samba step pattern.
02:10	PAUSE-POINT	Get into same pairs as last time.	
02:22	Sequence 1: Paired flag-waving. Use the hip-swinging samba step pattern to travel forwards together as if in a carnival procession. Stop with the whistle to perform special flag waving moves from previous programme, standing next to or facing partner. <i>a. Figure-of-eight:</i> Stand with feet quite wide apart and wave flag round to trace large figure-of-eight patterns in front of you. <i>b. Circling on the spot:</i> Step round on the spot to swing flag round in a big circle. Turn to face the opposite direction, and swing flag back round the other way. <i>c. Throw-spin-catch:</i> Throw flag to partner, then spin round quickly on the spot before catching partner's flag.	Starting position: stretch out clasped hands to hold imaginary flag high out in front of you. Listen out for the carnival whistle! Bend the top half of your body down to the sides as you circle your flag round. Keep watching imaginary flag all the time. Spins should be quick and neat.	Do partners travel forwards at the same time using hip-swinging rhythmic steps? Are the flag waving patterns large and convincing?
05:21	Perform the above as a sequence.	Respond to carnival whistle-sounds for flag-waving moves.	
07:05	PAUSE-POINT	Stay with partner and join 2 other pairs to make a long, follow-the-leader line of 6.	
07:46	Sequence 2: Follow-the-leader (in a line of 6). The person at the front of the line performs a simple step pattern or movement combination for the rest of the line to copy and repeat. Carnival whistle cues leader to move to the back of the line, and the new leader takes over. Keep the sequence moving smoothly forwards by deciding what your pattern's going to be before you get to the front of the line.	Keep step pattern and movement combination simple and clear so that rest of line can copy and repeat it easily. Perform your chosen pattern in time with the music. When it's time to swap, the leader needs to move quickly to the back of the line, ready to join in copying new leader's pattern.	Performance should be smooth and continuous; swapping from one dance leader to the next with the whistle. Movements should always be in time with the music.

Timing	Content	Guidance	Evaluation
11:28	<p>Sequence 3: Samba school moves. Stay with group and travel through the spaces together with hip-swinging step pattern. Carnival whistle cues groups to perform special samba moves from previous programme:</p> <p>a. <i>The box step</i>: Feet step round tracing box-shaped pattern on the floor. b. <i>Shoulder shimmies</i>: Keep feet still as you move the top half of body over to the sides. Then bend and straighten knees to shimmy down low. c. <i>Carnival turns</i>: Step round on the spot to circle with outstretched straight or tilted arms; in both directions.</p>	<p>'Step! Step, step!' in time with the music.</p> <p>Keep it relaxed and happy.</p> <p>Listen out for and respond quickly to the carnival whistle.</p> <p>Relax body and swing hips to give box-step samba style.</p> <p>Hold arms loosely out to the sides and maintain forward focus for shoulder shimmies.</p> <p>Aim to step round using same 'Step! Step, step!' samba rhythm.</p>	<p>Do group members stay close to each other throughout the sequence?</p> <p>Sequence should look smooth and continuous as dancers respond quickly to the carnival whistle to perform the different samba moves.</p> <p>Performance should look both relaxed and energetic.</p>
15:53	In your groups, think about a theme for a 'Carnival Dance' to choose before next time (eg an insect, bird or other animal).		
16:24	<p>Cool down. Slowly walk away from group, swinging arms smoothly round to trace large figure-of-eight patterns. Finish with a few gentle stretches.</p>	<p>Keep with the slow, regular beat of the music.</p> <p>Breathe slowly in as you stretch up on tiptoe, and out as you lower heels back down onto floor.</p>	<p>Heart rate should return to normal.</p> <p>Stretching warm muscles will give a greater range of movement, increase performance, and reduce the risk of injury - but only ever stretch as far as is comfortable.</p>



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Bird-themed costumes


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Performing for the crowds

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Download music clips from this dance session:

 **DOWNLOAD** Themed Carnival Dance

 **DOWNLOAD** Download all music clips in the South American Carnival unit (.zip file)

3: Carnival parade

Introduction

In the final dance session pupils create and perform their 'Themed carnival dance'. Download the music clips to create your own sequences based on the music and samba moves included in the three sessions.

Summary

Warm-up: Travelling through the spaces with the 'Step! Step, step!' samba pattern from previous programmes. Add a few flamboyant carnival turns every now and then.

Sequence 1: Themed carnival dance. Each group chooses a theme to base their carnival dance around - a bird, an insect, or some other animal. They use the samba moves from previous programmes, as well as their own ideas, to create a sequence. The quality of their movements should reflect the characteristics of their chosen theme.

Sequence 2: Carnival parade. In samba school groups to parade round the edge of the room to perform the complete carnival dance - paired flag waving, group follow-the-leader and themed carnival dance.

Cool down: Walk away from group with the slow, regular beat of the music, gently swinging arms round to trace big figure-of-eight pattern. Lie down on the floor for a few gentle stretches to finish.

Performance music: The main items of music are repeated without the presenter's voice at the end of the session.

Timing	Content	Guidance	Evaluation
00:00	Warm up. Travelling through the spaces with the 'Step! Step, step!' samba pattern from previous programmes. Add a few flamboyant carnival turns every now and then.	Hold your head high and really show off as you travel and turn with the beat of the music.	Pupils should perform the samba steps and turns with confidence and style.
01:31	PAUSE-POINT	Get into the 'Follow-the-leader' groups of 4-6 from last time.	
01:43	Sequence 1: Themed carnival dance. Each group chooses a theme to base their carnival dance around - a bird, an insect, or some other animal. They use the samba moves from previous programmes (the box step, shoulder shimmies and carnival turns) as well as their own ideas to create a sequence. The quality of their movements should reflect the characteristics of their chosen theme.	Does the quality of your movements reflect your chosen theme - eg quick, light, graceful movements for a bird or butterfly. Make your sequence more interesting to watch by performing some of the movements at the same time as the rest of your group (in unison), and some one after the other (in canon).	Can you guess each group's chosen theme by the quality of their movements? Has each group practised and set their sequence so that it's the same each time they perform it?
04:47	Sequence 2: Carnival parade. Introduction In samba school groups to parade round the edge of the room; performing the complete carnival dance.	Spread out round the edge of the room, one group behind the other.	Are the groups evenly spaced round the edge of the room?
05:08	PAUSE-POINT to check groups, then: <i>a. Paired flag-waving.</i> Stand next to your partner and stay close to the rest of your group.	At the end of the flag waving music, point the tip of your imaginary flag down to rest on the floor in front of you.	Do the dancers organise themselves quickly into pairs and then groups?
07:00	<i>b. Group follow-the-leader.</i> When the music changes, quickly stand behind your partner to form your group follow-the-leader line.		
10:44	<i>c. Themed carnival dance.</i> Carnival whistle cues two groups at a time to come into the centre of the room to perform their themed dances while the other groups travel round the edge of the room using the 'Step! Step, step!' samba pattern.	Listen out for and respond quickly to the carnival whistle. The main thing is to relax and enjoy yourself!	Does the dance move smoothly from one sequence to the next? Does each dancer convey the excitement and fun of carnival-time with their face and movements?

Timing	Content	Guidance	Evaluation
14:06	Cool down. Slowly walk away from your group to a space, gently swinging arms round to trace big figure-of-eight patterns. Lie down flat on the floor for a few gentle stretches to finish: a. <i>Stretch arms straight out to the sides.</i> Try to keep both legs straight with your knees together as you slide them round on the floor towards one arm - your lower body should naturally twist around. Hold the stretch for a few seconds before sliding legs back again and round towards the other arm. b. <i>Bend knees and tuck them in close to chest.</i> Wrap arms around knees and lift head up so upper back lifts slightly off the floor.	Step with the slow, regular beat of the music. Only stretch as far as is comfortable. Try to hold each stretch for a few seconds before releasing.	Heart rate should gradually return to normal. Pupils should feel calm and relaxed.
	Performance. All the main music-items are repeated without the presenter, as follows:		
16:04	Flag-waving sequence	Just music - also available to download from these Notes or from the website.	
17:15	Follow-the-leader	Just music - also available to download from these Notes or from the website.	
18:33	Themed carnival dance	Just music - also available to download from these Notes or from the website.	