

KS2: Dance Workshop

Winter sports



1. Snow sports
2. Ice sports
3. Winter sports mix

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:

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Music by: Barry Gibson

For the BBC: Andrew Barnes

Dance KS2 - Dance Workshop: Winter sports

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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 resources

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







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



Click here to download this dance session as an mp3



Download music clips from this dance session:

-  **DOWNLOAD** Warm-up: Snow gear
-  **DOWNLOAD** Snowboard swagger
-  **DOWNLOAD** Snowboard sequence
-  **DOWNLOAD** Slalom ski race

1: Snow sports (snowboarding and slalom skiing)

Introduction

A unit of three dance sessions inspired by Olympic winter sports on snow and ice. The first session explores snow sports dance-sequences, with snowboarding and a slalom-skiing race. The second session focuses on ice sports, with movements and sequences based on ice-hockey, figure-skating and bobsleigh. The third and final session combines these snow and ice sequences with curling and a final 'Winter sports dance'.

Summary

Warm-up: Putting on trendy 'snow gear', then walking out into the mountains and stretching up.

Snowboarding: Perform upper body leans, twists and balances to show off cool snowboarding moves. Develop the sequence by using different levels and adding a few 180-degree on-the-spot jumps. Add a crash finish: slow-motion roll-out to the edge of the room, to form a spread-out class circle.

Slalom ski race: Sitting in a class circle, every second person stands up, ready to travel round the circle by weaving in and out of the people on the floor - like a slalom skier weaving in and out of flags or markers on the ski-slope. Swap groups on cue, and repeat.

Snow sports: Combine both sequences - the snowboarding and the slalom - to create a continuous performance.

Cool down: Gently stretch, then wriggle and shake out muscles.

Timing	Content	Guidance	Evaluation
00:00	Warm-up: Snow gear. Perform actions for putting on fashionable ski-trouser, ski-boots, ski-jacket, snow-gloves, helmet and cool ski-goggles. Then walk out into the mountains and stretch up.	Be ready to step and jog in time when suggested.	Is everyone moving in a 'cool' way?
03:08	Snowboarding: Check helmet and cool shades and carry an imaginary snowboard on your shoulder, as you swagger confidently through the spaces. Stop and get into a snow-boarding pose; arms stretched out to the sides to aid balance, feet parallel, with one foot slightly in front of the other. Practise a few balances with upper body leans and twists. Exaggerated crash to end the sequence: everyone rolls in slow-motion out to the edge of the room to form a spread out circle, ready for the slalom race.	Develop these balances by using different levels - bending and stretching your knees while twisting your upper body round from the waist. Add a sequence of 180-degree jumps; bending your knees each time to land safely.	Do they display confident body posture and direct focus? Swaggering walk should convey plenty of attitude! Can pupils use their imagination to create an effective sequence of snowboarding moves and balances? Can they perform the energetic jumps in time with the music? Do the class work together - using this slow-motion crash to get neatly into position for the next sequence?
11:11	Slalom ski race: Sitting in class circle, every second person stands up, ready to travel round the circle by weaving in and out of the people on the floor - like a slalom skier weaving in and out of flags or markers on the ski-slope.	Swap groups and repeat if you wish using the online music-resource.	Do pupils drop their inside shoulder to make the turns quick and tight? Do groups respond quickly to the voice and music cues?
15:28	Snow sports performance: Combine both sequences (the snowboarding and the slalom) to create a continuous performance.	Create an impressive performance with a smooth linking transition between the two sequences	Are pupils working together?
18:55	Cool down: Reach arms above head and stretch them out. Lower top half of body down to legs, sit up and relax.		Stretches should be gradual and controlled.



Click here to download this dance session as an mp3

2: Ice sports (ice-hockey, figure skating and bobsleigh)

Introduction

The second dance session focuses on ice sports, with movements and sequences based on ice-hockey, figure-skating and bobsleigh.

Summary

Warm-up 1: Stretches and shake down.





Warm-up 2: Ice-hockey moves for skating across the ice and chasing a puck, with spins, tricks and flicks.

Figure skating: In pairs, a series of slow, controlled balances and counter-balances in paired figure-skating poses. Then travelling along looping, curving or spiralling pathways with long, sliding, ice-skating steps.

Bobsleigh: Pairs join to form group of 4. Then standing one behind the other to push an imaginary bobsleigh forward. Music cues the group to jump down into a crouching position before tipping and leaning this way and that to control the speed and direction of the bobsleigh. Finally, the group stands up and repeat tilts and leans to travel through the spaces.

Cool down: Gentle stretches, then sitting down.

Download music clips from this dance session:

-  **DOWNLOAD** Warm-up: Stretches
-  **DOWNLOAD** Ice hockey
-  **DOWNLOAD** Figure skating
-  **DOWNLOAD** Bobsleigh




Timing	Content	Guidance	Evaluation
00:00	Warm-up 1: Quick stretches on the spot and a shake-down.	Can pupils suggest ice sports they've seen or taken part in?	Is everyone reaching up to the ceiling, then touching toes a few times?
00:53	Warm-up 2: Ice hockey Glide feet across the floor in different pathways, while chasing a puck across the ice - with spins, tricks and flicks.	Imagine you're wearing skates, shoulder-pads, thick gloves, helmet and knee-pads, carrying a hockey stick. Avoid nearby skaters!	Are the movements quick and agile?
02:19	Figure-skating Pause-point at 02:31 to find a partner and sit in a space. In your pairs, face partner with right hand gently resting on one another's right shoulder to perform a series of controlled supports and balances together.	<i>Balance 1:</i> Partners stretch left arm straight out to left side to balance as they slowly tip body forward and raise left leg. If comfortable, partners bend right leg to lower body down in figure-skating pose. <i>Balance 2:</i> In same pose, partners keep upper body straight as they stretch left leg out in front this time - bending right knee a little. <i>Counter-balance:</i> Slide hand slowly off partner's shoulder, along their arm, and then grab hold of their hand or wrist. Keep holding onto partner's hand, carefully lean away from one another and then slowly circle round together.	Health and safety. It's crucial that partners accept responsibility for one another's safety and perform the balances and counter-balance with extreme care and caution. Paired balances should look smooth, graceful and very controlled. Partners need to really work together to create a seamless performance.
07:48	<i>Travelling.</i> Travelling next to your partner with long, smooth, sliding steps along looping, curving or spiralling pathways (think of the patterns that figure-skaters leave in the ice as they skate round together).	Partners need to respond quickly to the music and reflect the changes with the quality of their movements.	Are pairs working well together?
09:29	Combined figure-skating sequence.		
11:54	Bobsleigh: Pairs join to form group of 4. Standing one behind the other to push imaginary bobsleigh forward.	Groups jump down into a crouching position before tipping and leaning this way and that to control the speed and direction of the bobsleigh. Finally, all the groups stand up and repeat the tilts and leans to travel through the spaces.	Is everyone in each group moving at the same time in the same direction, with split-second timing?
18:55	Cool down: A few gentle stretches before sitting on the floor.	Keep stretches slow and controlled - never overstretch!	



Click here to download this dance session as an mp3



Download music clips from this dance session:

-  **DOWNLOAD** Warm-up
-  **DOWNLOAD** Curling
-  **DOWNLOAD** Winter sports dance mix: Snowboarding / Slalom ski race / Figure skating / Bobsleigh / Curling

3: Winter sports mix (curling plus elements of sessions 1 and 2)

Introduction

The final dance session in the unit introduces the sport of curling and then revisits elements of the previous two sessions to weave elements of each into a 'Winter sports dance mix'. The full dance comprises Snowboarding / Slalom ski race / Figure skating / Bobsleigh / Curling (available as an mp3 file by clicking on the download links below).

Summary

Warm-up: Stretches, jogging and shake-down.

Curling: Slow-motion moves for launching a curling stone, sweeping the ice with brooms - and success!

Winter sports dance mix: Prepare to combine the following activities into a complete performance.

Snowboarding: Upper body leans, twists and balances, ending in a crash!

Slalom ski race: Weaving in and out of flags and markers, in a class circle.

Figure skating: In pairs, slow, controlled balances and counter-balances in paired figure-skating poses, travelling along looping, curving or spiralling pathways.

Bobsleigh: Groups of 4, push forward. Jump down into a crouching position, tip and lean this way and that to control the speed and direction of the bobsleigh. Stand up to tilt, lean and travel through the spaces.

Curling: More slow-motion moves for launching, sweeping and success!

Cool down: A few gentles stretches, then sitting on the floor.

Timing	Content	Guidance	Evaluation
00:00	Warm-up: Stretch up to ceiling, down to floor, touch toes, stretch arms, jog and shake-down.	Can pupils remember snow and ice-sports so far?	Everyone feeling energetic?
00:48	Curling: In groups of 3: perform curling moves in slow-motion. Similar to bowling on ice, a 'curler' launches a large, round stone across the ice, while two 'sweepers' help steer it along with brooms.	Pause-points at 02:10 (to select roles within each group) and 02:25 (for teacher to organise team-positions, half on each side of the room). After launch, the curler 'points' towards the 'house' target and, on successful arrival sweepers perform a slow high-five. Then change roles when indicated.	Is the curler lowering their body close to the ground, and are the sweepers really 'agitating' the ice?
06:03	Complete Winter sports dance mix	Rest and listen first.	Everyone ready for action?
06:17	Snowboarding: Confidence and attitude are the crucial elements for this sequence of upper body leans, twists and balances interspersed with springy on-the-spot 180 degree jumps!	Pupils use the slow-motion crash finish to roll out to the edge of the room and form a spread out class circle, ready for the slalom race.	Does the sequence look confident and energetic?
07:56	Slalom ski race: Sitting in class circle, every second person stands up, ready to travel round the circle by weaving in and out of the people on the floor - like a slalom skier weaving in and out of flags or markers on the ski-slope.	Swap groups on cue, and repeat.	Do pupils use the slow-motion crash to form a class circle without fuss? Do they listen out for and react quickly to the music cues to swap groups?
09:57	Figure skating: In pairs to perform series of slow, controlled figure-skating balances and counter-balances.	Be ready to travel along looping, curving or spiralling pathways with long, sliding, ice-skating steps.	Figure-skating pairs need to make sure that they roll to the same part of the circle.
12:34	Bobsleigh: Pairs join to form groups of four, standing one behind the other to push an imaginary bobsleigh forward.	Groups jump down into a crouching position before tipping and leaning this way and that to control the speed and direction of the bobsleigh. Finally, all the groups stand up and repeat the tilts and leans to travel through the spaces.	Is everyone in each group moving at the same time in the same direction, with split-second timing?

Timing	Content	Guidance	Evaluation
14:41	Curling: In 3s, slow launching, rapid sweeping and high-fiving, as the stone arrives at its target.		Are the slow-motion actions in time with the music?
16:43	Cool down: A few gentle stretches before sitting on the floor.	Keep stretches slow and controlled - never overstretch!	