



Dance KS2: Dance Workshop

In the gym

1: Pulse rates rising!

Go to webpage

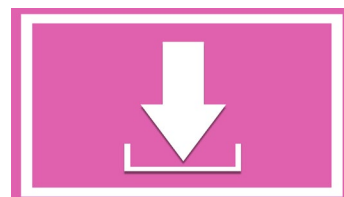


2: Complete workout

Go to webpage



Look for the download icon on the webpages or in these Notes to download an mp3 of each session



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, etc, 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 KS2, which requires pupils to: i) perform dances using a range of movement patterns; ii) develop flexibility, strength, technique, control and balance; iii) 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

1: Pulse rates rising!



DOWNLOAD

2: Complete workout

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 Teachers' Notes

These Notes are a vital part of the *Dance Workshop* provision and you will need to refer to them both before and during each dance session.

The Notes for each session include a short summary of the content and a description of the movement. There is also a more detailed content table, which uses the following headings:

- **Timing** - the location of the content within the audio, timed by minutes and seconds. NB: timings are taken from the download files (ie the ones that begin with the words 'This is a download from the BBC').
- **Content** - a guide to the movement activities in the programmes
- **Guidance / Teacher Guidance** - any special points such as groupings and things to watch out for such as safety points and ways of helping the children to improve their performance
- **Evaluation** - a series of questions which help to focus on the teaching points from the lesson, the National Curriculum objectives for dance and the children's learning and progression in dance

Before using a session make sure you familiarise yourself with the content by reading the Teachers' Notes.

We would also recommend that you listen to the audio beforehand to become familiar with any 'pause points' and to assess how best to mediate the playback.

During playback

Each *Dance Workshop* session brings together instructions from a presenter with sequences of music, much of it specially composed for the series. The children will need to listen very carefully to the instructions and then be ready to move with the music.

Throughout each session the presenter will give instructions for groupings - as the children will be moving either alone or in pairs and sometimes in larger groups as well.

At these moments you will need to be ready to pause the playback to allow children to organise in the appropriate groupings. Make sure you 'pause' the playback rather than 'stop' it. Otherwise you will risk setting the audio back to the very beginning.

Feedback

You can contact us at: schoolradio@bbc.co.uk

Our address is:
3rd Floor Bridge House
MediaCityUK
M50 2BH



In the gym

A unit of two dance sessions focusing on personal health and fitness. Both sessions include an energetic aerobic warm-up followed by gentle stretching exercises; dance sequences inspired by a typical 'in the gym' workout and a gradual cool down phase followed by a selection of appropriate muscle stretches to finish.

Throughout the programmes, pupils are encouraged to consider the benefits of regular exercise and are reminded about key safety aspects such as the importance of gradually warming up and cooling down to maximise performance and reduce the risk of injury.

1: Pulse rates rising!



Click to download this dance session as an mp3 file

Teachers please note: *Pupils are encouraged to check their pulse rates before and after the aerobic section of the warm-up. Probably the easiest way to do this is to place two fingers on the wrist to find the pulse in the radial artery then, taking care not to press too hard, count the number of beats per minute. To monitor long-term fitness levels, pupils could continue to check their heart rate before and after exercise using a personal fitness record sheet.*

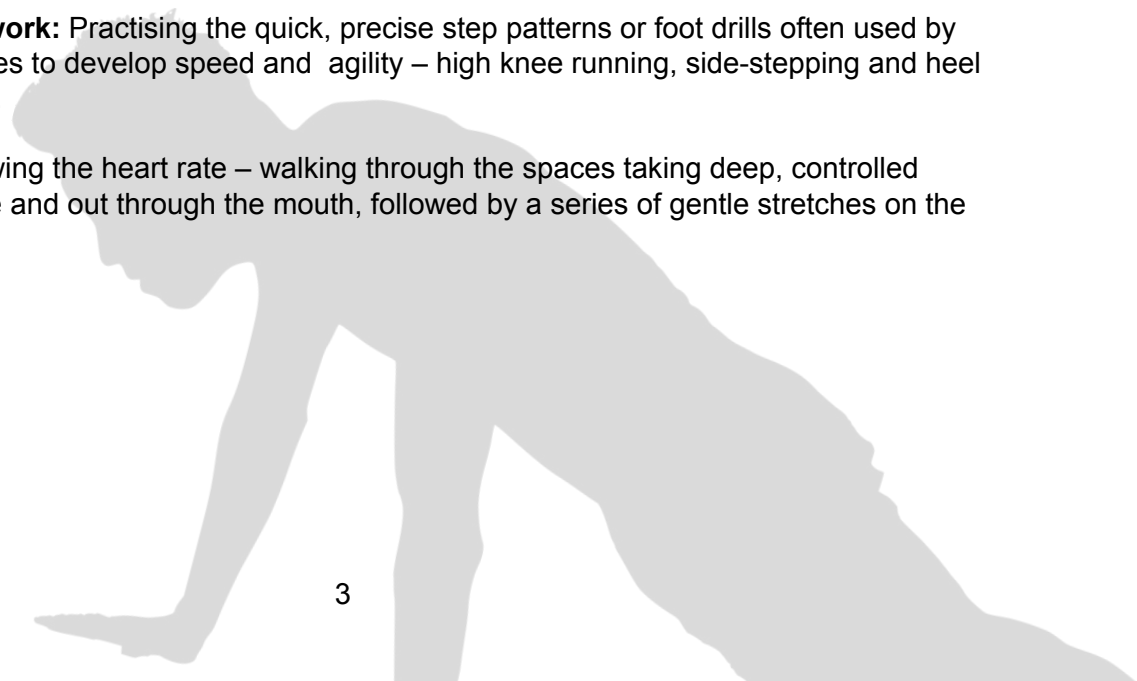
Programme summary:

Warm up: Aerobic phase designed to gradually raise the heart rate with a combination of high knee lifts and arm swimming actions – front crawl, backstroke, butterfly and breaststroke – on the spot and then travelling. The aerobic phase of the warm-up is followed by a selection of gentle stretches – chest, back, arms and legs.

Sequence 1 - Upper body workout: An energetic sequence of rhythmic box push-ups, followed by boxing 'speedball' arm movements (making fists then quickly rotating one wrist around the other).

Sequence 2 - Fancy footwork: Practising the quick, precise step patterns or foot drills often used by footballers and other athletes to develop speed and agility – high knee running, side-stepping and heel to bottom backwards steps.

Cool down: Gradually slowing the heart rate – walking through the spaces taking deep, controlled breaths in through the nose and out through the mouth, followed by a series of gentle stretches on the spot to finish.





Session 1 structure: Pulse rates rising!

Timing	Content	Guidance	Evaluation
00:11 NB: Timings are taken from the download file .	Warm up A combination of high knee lifts and arm swimming actions - front crawl, backstroke, butterfly and breaststroke - performed on the spot, then travelling.	Listen carefully and keep with the beat of the music. Movements should be performed with energy and focus.	Heart rate should be higher after the aerobic phase of the warm-up.
04:13	PAUSE-POINT	Check pulse-rates	
04:17	A selection of gentle stretches <i>Arms, back and chest</i> - Put palms of hands together and stretch them straight up above your head. Gradually increase the stretch - pushing arms upwards, then backwards. <i>Legs (hamstrings)</i> - Stand with feet about shoulder width apart. Step one foot forward, and keeping the front leg straight, bend the back leg, resting both hands on the bent thigh. Then swap legs and repeat. - Finally, shake out whole body to loosen up and relax.	H&S! Only stretch as far as is comfortable for you. Breathe in as you stretch arms upwards and backwards. And breathe out as you relax both arms back down by sides. Breathe out as you gently sink down into the stretch, and breathe in as you straighten leg to come back up. You can increase the stretch by starting with the toes of the front foot lifted towards the ceiling.	Gradually stretching warm muscles will give you a greater range of movement, increase your performance and reduce the risk of injury.
07:08	Sequence 1: Upper body workout An energetic sequence inspired by box push-ups and boxing arm movements. <i>a. Box push-ups</i> - Get down onto your hands and knees; hands underneath shoulders with fingers facing forward and knees underneath hips with feet resting on the floor behind. - Bend at your elbows, lowering your chest down, no lower than 10 cms from the floor. - Keep a straight line through your spine and avoid arching your back. - Push down on your hands to straighten your arms and return to starting position. - Develop a sequence performing the rhythmic press-ups at single and double time. It's 2 press-ups at single time, followed by 4 at double time. Repeat this pattern to the end of the music. - Finally, sit back onto heels ready to perform speedball boxing movements.	Make a box shape with your arms, trunk, thighs and the floor. Aim to make a right angle with your arms but stay within your own limits. Avoid jerky movements and aim for a smooth, controlled rhythm throughout. Changing the speed of a dance move looks very effective but demands split-second timing!	Can pupils remember the sequence - performing the correct number of push-ups at single and double time? Are they performed in time with the music? Do pupils link the two parts of the dance smoothly together?



09:59	<p><i>b. Boxing speedball arms</i></p> <ul style="list-style-type: none"> - Work the arms at speed; make fists and quickly rotate one wrist around the other. - Try different variations; keeping one arm still while you rotate the other arm around it, changing the direction of your rotation, working with your arms close or away from your body, and raising your arms from waist height to up above your head, or out to the sides. 	<p>Imagine there's a boxer's speedball hanging down from the ceiling in front of your chest.</p> <p>Move fists round in a roly-poly action as if you're hitting the speedball.</p> <p>Keep arms bent at around 90 degrees.</p>	
11:40	Upper body training sequence.	Push-ups, then speedball-boxing.	
13:24	<p>Sequence 2: Fancy footwork</p> <p>Practising the quick, precise step patterns or foot drills often used by footballers and other athletes to develop speed and agility – high knee running, side-stepping and heel to bottom running.</p>	Practise flicking heels up towards bottom.	Can pupils keep going?
14:45	PAUSE-POINT	Choose a few people to show how it the 'flicking' is done.	
14:47	<i>Lift'n'flick.</i>	Take 4 steps forward, lift knees high towards chest, then 4 steps back (flicking heel towards bottom).	Heel to bottom flicking action should be quick, sharp and neat.
15:27	<i>Sidestep cross-over (explanation)</i>	<p>Moving to sides with high-knee jogging-step.</p> <p>Point to right, then use left leg to lead (crossing in front of right leg).</p> <p>Step right leg out to right (standing with feet under hips).</p> <p>Then cross left leg behind right leg, and step right leg out to right again (so travelling sideways).</p>	Are steps placed accurately?
16:07	PAUSE-POINT	Practise the above.	
16:10	<i>Sidestep cross-over</i>	Perform with music.	



16:48	<i>Lift'n'flick</i> and <i>Sidestep cross-over</i> combined	Perform 4 high-knee jogging-steps forwards, then 4 heel-flicking steps back. Then 4 high-knee steps to the right, then 4 steps back again to the left.	Are actions light, using the ball of the foot?
17:50	PAUSE-POINT	Keep playing the music to practise footwork-patterns.	Are they looking slick and accurate?
18:06	<p>Cool down Gradually slowing the heart rate - walking through the spaces taking deep, controlled breaths in through the nose and out through the mouth. Followed by a series of gentle stretches on the spot to finish:</p> <ul style="list-style-type: none"> - Lie down straight on the floor. Roll over onto your side, resting your head on your lower hand. Bend your top leg to bring the heel up towards your bottom and grasp hold of the foot with your free hand. Breathe in as you slowly pull your heel in towards your bottom, and gently push your pelvis forward. Hold it for a few seconds, then breathe smoothly out and relax. Roll over and repeat on the other side. 	<p>Listen to the music and focus on smooth, controlled breathing.</p> <p>H&S! Stretch only as far as is comfortable!</p>	



2: Complete workout



*Click to download this
dance session as an
mp3 file*

NB: As in the previous session, pupils are encouraged to check their pulse rates before and after the aerobic section of the warm-up.

Programme summary:

Warm-up: Gradually increasing the heart rate; performing high knee jogging steps with swinging arms, followed by strong fist punches, one at a time, high above head – on the spot and then travelling. A selection of gentle stretches – focusing on arms, chest, and legs.

Sequence 1 - Fancy footwork: Developing the quick, precise step patterns from the last programme; performing the final sequence at single and then double time.

Sequence 2 - Lower body workout: A paired sequence developed around forward lunges, quadricep stretches and lying abductor stretches.

Sequence 3: Complete workout! Performing all 3 sequences - upper body, fancy footwork, and lower body - for a complete workout finale.

Cool down: Gradually slowing the heart rate - walking through the spaces taking deep, controlled breaths in through the nose and out through the mouth, followed by a series of gentle stretches on the spot to finish.





Session 2 structure: Complete workout

Timing	Content	Guidance	Evaluation
00:11 NB: Timings are taken from the download file.	Warm up Gradually increase the heart rate with high knee jogging steps and swinging arms, followed by strong fist punches, one at a time, high above head - on the spot and then travelling.	Listen carefully and move with the beat of the music - it's 8 jogging steps, followed by 8 arm punches. Keep the movements light and energetic.	Heart rate should have increased by the end of the aerobic phase of the warm up.
03:03	PAUSE-POINT	Check pulse-rates.	
03:06	A selection of gentle stretches: Arms and chest Stand straight with hands on hips and elbows pointing out to the sides. Breathe slowly out while gently pulling elbows back towards one another - you should feel the stretch across your chest. Relax and repeat a few more times. Inner thigh muscles Stand straight with both feet forward. Put hands on hips. Without moving feet, slowly breathe out as you bend your right leg and bring your bodyweight across to the right side. Keep your left leg straight and try not to lean forward. Hold for a few seconds before slowly straightening right leg to come back up. Repeat on the other side.	H & S! Never over stretch as this could lead to injury. Keep your breathing smooth and controlled.	
04:48	Sequence 1: Fancy footwork Developing the quick, precise step patterns from the last programme.	Encourage pupils to really concentrate, listen to the music, and count the steps in their head as they go.	Is the footwork fast and accurate?
07:11	Performing the final sequence at single and double time.		Can they remember the sequence so that it's the same each time they perform it?
08:32	PAUSE-POINT	Find a partner and move to a space.	



<p>08:35</p>	<p>Sequence 2: Lower body workout A paired sequence developed around forward lunges, quadricep stretches and lying abductor stretches. Once pupils have practised the exercises below, they work with their partner to discuss, try out and select ideas to create a joint dance sequence.</p> <p><i>a. Forward lunge</i></p> <ul style="list-style-type: none"> - Stand tall with feet shoulder width apart, hands by sides or straight out to sides to help balance. - Lunge forward with one leg so that thigh is parallel to floor, with knee over toes. Rear heel should naturally rise off the floor. - Keeping abdominal muscles contracted, push down on front foot to push yourself back up to starting position. - Repeat with the other leg. <p><i>b. Quadriceps stretch</i></p> <ul style="list-style-type: none"> - Stand tall with one hand stretched out to the side to help balance. - Raise the opposite heel up toward your bottom and grasp hold of your foot with the free hand. - Breath in as you slowly pull your heel in towards your bottom while gradually pushing your pelvis forward. - Aim to keep both knees together, with a slight bend in the supporting leg. <p><i>c. Lying abductor stretch</i></p> <ul style="list-style-type: none"> - Lie on your side, legs together, so that the outer thigh of your top leg is facing up towards the ceiling. 	<p>Partners could mirror one another or perform with a sense of symmetry.</p> <p>Partners could perform movements together at the same time (in unison) or one after the other (in canon).</p> <p>Keep a strong, forward focus.</p> <p>Keep back straight and head up.</p> <p>Movements should be smooth and controlled.</p> <p>Stretches should be small and gentle. Always work within your own limits.</p> <p>Think tall and straight to maintain balance.</p> <p>Focus on feeling the outer side muscles of the upper leg and buttocks do all the work.</p> <p>Perform abductor stretches facing towards and then away from your partner.</p>	<p>Can partners select appropriate ideas and link them together to form a dance sequence that is varied and interesting to watch?</p> <p>Can partners set their sequence so that it's the same each time they perform it?</p> <p>Can pupils keep leg movements slow and controlled; mirroring their partner?</p>
<p>12:23</p>	<p>PAUSE-POINT</p>	<p>Build a sequence with your partner during the pause.</p>	<p>Is the sequence smooth and controlled?</p>
<p>13:33</p>	<p>PAUSE-POINT</p>	<p>Choose a few pairs to show off their sequence.</p>	



<p>13:34</p>	<p>Sequence 3: Complete workout! Explanation. Start with the upper body sequence - performing controlled box push-ups at different speeds, then sitting back onto heels for fast speedball boxing actions.</p> <p>Next it's onto the footballer's fancy footwork routines – performing step patterns at single and double time. Finally, join your partner for the lower body sequence – mirroring your partner or performing one after the other, moving smoothly from one leg stretch to the next.</p>	<p>Co-operation is vital here to pull the whole dance together.</p> <p>Pupils need to be aware of what's happening around them and use the space well.</p> <p>Pupils should aim to move smoothly from one dance sequence to the next.</p>	<p>Are the sequences performed with 'in the gym' energy and vitality?</p> <p>Have the exercise workouts been developed into effective dance sequences?</p> <p>Can pupils change the speed at which they perform their foot drill step patterns – listening carefully and responding to the music?</p>
<p>14:43</p>	<p>Complete workout! Perform above sequence with music.</p>		
<p>17:28</p>	<p>PAUSE-POINT</p>	<p>Another opportunity for pairs to perform to the whole class.</p>	
<p>17:36</p>	<p>Cool down Gradually slow the heart rate - walking through the spaces taking deep, controlled breaths in through the nose and out through the mouth. Sit down with your legs straight out on the floor in front of you. Rest the palms of your hands on the floor behind you, with fingers pointing backwards. Keep your bottom on the floor as you arch your back and bring your head back to look up at the ceiling. Repeat.</p> <p>Rest your hands on your legs in front of you, and let them slide towards your feet as you curl your back forwards, bringing your head down towards your legs. Hold for a few seconds, then relax, and try a few more gentles tretches in your own time.</p>	<p>Listen to the music and focus on smooth, controlled breathing.</p> <p>H&S! Stretch only as far as is comfortable - keeping within your own limits.</p> <p>Pupils should feel calm and relaxed</p>	<p>Heart rate should gradually return to normal.</p>