



Physical Education Curriculum Strand Dance

The Dance Club Kilkenny - Instructor Kate
thedanceclubkilkenny@gmail.com
TheDanceClubKilkenny.com +353 863 785109



Fifth And Sixth

Strand Unit Exploration, creation and performance of dance

Week 1 & 2 - Learning objectives	<u>Notes:</u>
<p>1. Create and perform a more complex range of movements <i>demonstrating originality and a greater variety of body actions, shapes, levels, directions and pathways when moving enhancing movement phrases with an appropriate range of dynamics experimenting with creating movement with a partner and in small groups</i></p>	<ul style="list-style-type: none"><input type="checkbox"/> Warm up - Note 1*See notes for details<input type="checkbox"/> Bachata Basic Steps- Basic side step, Basic forward and reverse, Zig Zag, Hesitation, Cross behind basic step, Box Step, Turns - Adding High, medium and low levels of dance. Note 2 & 3*See notes for details
Week 3 & 4 - Learning objectives	<u>Notes:</u>
<p>2. Develop work with a group <i>following and imitating meeting and parting copying and contrasting</i></p> <p>3. Communicate through movement a range of moods or feelings <i>working with a partner, explore the use of body shape and eye contact to convey friendship or isolation</i></p>	<ul style="list-style-type: none"><input type="checkbox"/> Warm up - *See notes for details<input type="checkbox"/> Bachata Basic Steps revised<input type="checkbox"/> Bachata Basic Steps in 2 large groups mirroring each other<input type="checkbox"/> Bachata Basic Steps in pairs mirroring each other, using eye contact and connecting with their partner





Notes:

Note 1: Warm up - Head rotation up and down, side to side and head rolls both directions, Shoulder rotations forward and back, shoulder raise and fall, Arms out and moving chest side to side in an isolation, chest out and in, opening and closing the chest cavity. Hip movement in a pendulum motion, Hips in circular motion. Stretch up to the sky and down, Stretch to the sky and touch the floor. Sit on the floor, legs out in front of you straight, reach up and touch your toes. In the same position lean Side to side. Variety of core balance exercises.

Note 2: Bachata Basic Steps - Basic side step (3 step + tap) , Basic forward and reverse (3 step + tap), Zig Zag diagonal direction (1 step + tap), Hesitation (Tap + tap + step + tap), Cross behind basic step (3 step + tap), Box Step (3 step + tap), Lateral Turns (3 step rotation + tap)

Note 3: Levels In Dance- Dance takes place with our bodies in space and in the actions we do with our bodies. The body can move in different levels to create dynamics and different meanings with the same movement. Levels in dance refers to high, medium and low:

- Low levels are close to the ground or with the majority of the body touching the ground
 - Groundwork touched on in the warm up
 - Squating close to the ground and touching the ground
 - Clapping low to the feet
- Medium levels are created between the knees and shoulders
 - Using hand actions from shoulder to waist level
 - Using hip movements to exaggerate movement
 - Addition of hand followed by body movement
- High levels are created above the shoulders and head.
 - Clapping above the head
 - Stretching arms up and over the head in a shape or pattern
 - Jumping up and down

All three levels can be explored in small or large shapes and movements.