

DANCE LESSON 5

Year 5 & 6

Learning Intention : *How can you vary levels and space when performing a dance?*

Yr 5

I can perform at a variety of levels when dancing and use some of the space

I can perform at a variety of levels when dancing and use most of the space

I can perform at a variety of levels when dancing and use all of the space

Yr 6

I can perform at a variety of levels when dancing and use most of the space

I can perform at a variety of levels when dancing and use all of the space

I can perform at a variety of levels when dancing and use all of the space with fluency and control

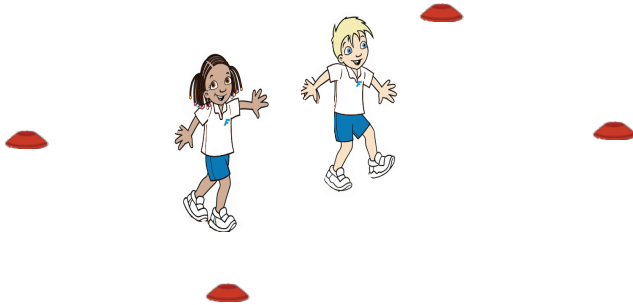
Resources:

Eye of the tiger music,
tambourine

Starter: Teacher to show children video of Capoeira moves.

WARM UP: Stage warm up

In pairs practise warm up from the last lesson - teacher to give children 4 cones/spots like a mini stage - see diagram. Children to start in the centre of their mini stage. When they do their warm up they need to think about how they can move to all areas off their mini stage.



ACTIVITY 1: Into The Arena Dance (Eye of the tiger music)

Children to recap the dance they have learned so far.

1. "Into arena" dance (Lesson 2).
2. Walk into groups of four.
3. Copy and repeat martial arts moves (Lesson 3).
4. Unison and canon (Lesson 4).

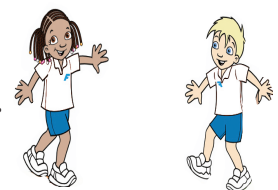
ACTIVITY 2: Capoeira

Watch video clip for ideas.

What is Capoeira?

- Capoeira is a Brazilian martial art that combines elements of fight, acrobatics, music, dance and rituals in a very elegant and magnetic way.
- Performed by two people, it is often called a "game" that is played, not a fight.
- Capoeira is always played with a smile on face symbolizing that the capoeiristas are not afraid from the danger that is coming.

1. Teacher to show/demonstrate some basic steps of Capoeira: Ginga.
2. Class to practise basic steps.
3. Children to practise in pairs, mirroring moves.
4. Children to now learn some more dance steps:



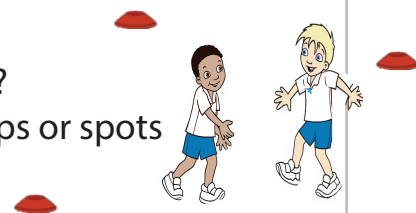
<https://www.bbc.co.uk/programmes/p011t75p>

ACTIVITY 3: Capoeira – Levels

Activity 3: Capoeira – Levels

Q & A – What does it mean when we say “dancing at different levels”?

Set up mini stages as shown in the diagram – using throw-down strips or spots (note: you can have more than one pair on a stage).

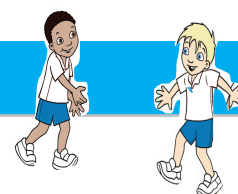


1. Children to now repeat each Capoeira dance step – this time thinking of how they can perform them at different levels: e.g. down low on the floor, adding jumps, moving high to low or medium level.
2. Teacher can choose some groups to perform to the class.

ACTIVITY 4: Capoeira – Space

Q & A – What do we mean when we use the word “space” in dance?

It is how you use the area/space you are dancing in: e.g. do you move around in your area in different directions? Do you use all the space in your mini stage like in the warm up?



1. Children to repeat each Capoeira dance step – this time thinking of how they can perform them using “space”.
2. Teacher can choose some groups to perform to the class.

ACTIVITY 5: Capoeira Dance - Levels and Space and performance (in groups)

1. Children are going to continue their dance – this time thinking about how they can use Capoeira in their dance.
2. Children to focus on showing different “levels” and “space” in their dance moves.
Make it easier: Teacher to give out resource card/play video to show Capoeira dance move.
Make it harder: Make up their own Capoeira dance themed moves.

Children can perform the part of the dance they have been practising today – showing levels and space.

If there’s time you can split the class into small groups to watch each other perform. Or you could video the class and they could watch it for instant feedback.

COOL DOWN

Move around in slow motion showing the Capoeira moves you have learned today.

PLENARY

What is important about using space in your dance?

And what different levels can you dance at?

Where are you on the progress-o-meter? Tell your partner then feed back to the class.