

**Bilton School – Planning for progress over time. Dance**

**Intent** – For students to become competent, confident and masters in a broad range of physical activities and sport. To be able to analyse and evaluate their own and peer’s performance. Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. To understand and apply long-term participation health benefits of physical activity that promotes an active healthy lifestyle.

	Year 7					Year 8					Year 9				
	Big Picture- <b>Introduce</b> basic elements and devices of dance, including aesthetic performance, choreography and appreciation. <b>Apply</b> skills and <b>analysis</b> own performance compared to previous ones and demonstrate improvement to achieve personal best.					Big picture- <b>Embed</b> skills previously covered in year 7 by looking at progressing of aesthetic, choreography, response and interpretation. <b>Introduce</b> expression, apply new advance skills to develop core skills. <b>Applying</b> aesthetics, balance and control to contemporary ideas.					Big Picture- To <b>master</b> skills covered in both year 7 and 8, including; aesthetics, choreography and interpretation. <b>Embed</b> response to stimulus. <b>Introduce</b> street dance. <b>Apply</b> level of difficulty and showmanship				
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5
	L2 Develop motif and technique of manoeuvres	L2 Basic use of dynamics (speed, energy)	L2 Basic use of body awareness and phasing	L2 The use of response and interpretation and choreographic devices	L2 Assessment lesson	L2 Use of phasing and timing	L2 Development of dynamics and response	L2 Use of expressive skills and interpretation.	L2 Developing use of timing	L2 Assessment lesson	L2 Understanding and developing energy and rhythm	L2 Response & interpretation with actions, dynamics & space	L2 Aesthetics and Showmanship	L2 Technique of manoeuvres	L2 Assessment lesson
	L1 Motif and choreography	L1 Use of a stimulus to explore and communicate ideas, concepts and emotions	L1 Basic use of space	L1 The use of response and interpretation (chance dance)	L1 application of core skills, focus on aesthetics, space, acceleration/deceleration	L1 Developing use of stimulus	L1 Development of manoeuvres and space	L1 Development of choreography	L1 Control with a prop	L1 Focus skills on interpretation and expression, with aesthetics	L1 Performance skills for contemporary style	L1 phasing & dynamics to strengthen choreography	L1 Difficulty of choreography	L1 Form of street dance and response to stimulus	L1 Expression to change of stimulus and manoeuvres
<b>End Point</b>	At the end of the year 7 dance unit students will be able to <b>begin to demonstrate</b> : <ol style="list-style-type: none"> <li>Some core skills including choreography and technique of manoeuvres, phasing.</li> <li>Body awareness of themselves</li> <li>Spatial awareness of themselves and others.</li> <li>Development of a motif with use of response and interpretation</li> <li>Application of compositional ideas</li> <li>An attempt to evaluate their own performance or of other performers.</li> </ol>					At the end of the year 8 dance unit students will have <b>improved</b> their ability <b>by demonstrating</b> : <ol style="list-style-type: none"> <li>many core skills including choreography and technique of manoeuvres, phasing.</li> <li>A few advanced skills such as expression and development of difficulty of some core skills.</li> <li>Spatial awareness of themselves and others with use of levels.</li> <li>Development of a motif with use of response and interpretation with few advanced skills</li> <li>Sufficient application of compositional ideas</li> </ol>					At the end of the year 9 dance unit students will be able to <b>competently demonstrate</b> : <ol style="list-style-type: none"> <li>Most core skills choreography and technique of manoeuvres, phasing.</li> <li>Some Advanced skills such as Expression, speed, energy and rhythm.</li> <li>Accurate application of difficulty of many core skills.</li> <li>Accurate use of space including flight</li> <li>Structured phasing with contemporary and street</li> <li>Strong application of compositional ideas</li> <li>A critical evaluation of the own or others performance</li> </ol>				

		6. A strong attempt to evaluate their own performance or of other performers.	
<b>Progress and Assessment</b>	<p><b>Head</b></p> <ul style="list-style-type: none"> <li>The use of freeze-frames to assess student's ability to break down dance elements and devices where appropriate.</li> <li>Students will be assessed on their knowledge of using actions, space, dynamics and relationships</li> <li>Students questioned on Theory content embedded in the lesson through the use of flipped learning homework tasks.</li> </ul> <p><b>Heart</b></p> <ul style="list-style-type: none"> <li><b>Students given an ATL score based upon active participation, communication, leadership, effort and attitude in lessons</b></li> </ul> <p><b>Hands</b></p> <ul style="list-style-type: none"> <li>Students will be assessed in their ability demonstrate a range of actions, space, dynamics and relationships.</li> </ul> <p>Students will be assessed on the techniques they can demonstrate of taught elements and devices.</p>	<p><b>Head</b></p> <ul style="list-style-type: none"> <li>The use of freeze-frames to assess student's ability to break down dance elements and devices where appropriate.</li> <li>Students will be assessed on their knowledge of using actions, space, dynamics and relationships</li> <li>Students questioned on Theory content embedded in the lesson through the use of flipped learning homework tasks.</li> </ul> <p><b>Heart</b></p> <ul style="list-style-type: none"> <li><b>Students given an ATL score based upon active participation, communication, leadership, effort and attitude in lessons</b></li> </ul> <p><b>Hands</b></p> <ul style="list-style-type: none"> <li>Students will be assessed in their ability demonstrate a range of actions, space, dynamics and relationships, including use of structure.</li> </ul> <p>Students will be assessed on the techniques they can demonstrate of taught elements and devices.</p>	<p><b>Head</b></p> <ul style="list-style-type: none"> <li>The use of freeze-frames to assess student's ability to break down dance elements and devices where appropriate.</li> <li>Students will be assessed on their knowledge of using actions, space, dynamics and relationships. Explain different styles of dance.</li> <li>Students questioned on Theory content embedded in the lesson through the use of flipped learning homework tasks.</li> </ul> <p><b>Heart</b></p> <ul style="list-style-type: none"> <li><b>Students given an ATL score based upon active participation, communication, leadership, effort and attitude in lessons</b></li> </ul> <p><b>Hands</b></p> <ul style="list-style-type: none"> <li>Students will be assessed in their ability demonstrate a range of actions, space, dynamics and relationships, including use of structure in a variety of dance styles.</li> </ul> <p>Students will be assessed on the techniques they can demonstrate of taught elements and devices.</p>
<b>Key Vocabulary/ Literacy</b>	<p>Motif Choreography Stimulus Dynamics Space Body awareness Phasing Response Interpretation Manoeuvres Aesthetics</p>	<p>Motif Choreography Stimulus Dynamics Space Body awareness Phasing Response Interpretation Manoeuvres Timing Expression Control Aesthetics</p>	<p>Motif Choreography Stimulus Dynamics Space Body awareness Phasing Response Interpretation Manoeuvres Timing Expression Control Aesthetics Showmanship Street Energy Rhythm</p>
<b>Connected Knowledge</b>	<p><b>V CERT Health and Fitness/GCSE</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>BTEC Sport Level 3</b> Types of joint, movement available at a joint, names of bones, names of muscles,</p>	<p><b>Previous knowledge</b> Some core skills including choreography and technique of manoeuvres, phasing. Body awareness of themselves Spatial awareness of themselves and others. Development of a motif with use of response and interpretation</p>	<p><b>Previous knowledge</b> Many core skills including choreography and technique of manoeuvres, phasing. A few advanced skills such as expression and development of difficulty of some core skills. Spatial awareness of themselves and others with use of levels.</p>

	<p>importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>A Level PE</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>Application of compositional ideas An attempt to evaluate their own performance or of other performers.</p> <p><b>V CERT Health and Fitness</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>BTEC Sport Level 3</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>A Level PE</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>	<p>Development of a motif with use of response and interpretation with few advanced skills Sufficient application of compositional ideas A strong attempt to evaluate their own performance or of other performers.</p> <p><b>V CERT Health and Fitness</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>BTEC Sport Level 3</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p> <p><b>A Level PE</b> Types of joint, movement available at a joint, names of bones, names of muscles, importance of a warm-up and cool down, short term effects of exercise.</p>
<p><b>Links to Character and Culture</b></p>	<ul style="list-style-type: none"> <li>Develop understanding of the importance of maintaining good health and diet. The three different types of health.</li> <li>Explore what the term 'wellbeing' means. The different types of wellbeing.</li> <li>Develop an understanding around factors which can impact on mental health and wellbeing, such as the social benefits of participating and socialising through dance clubs/being part of a team.</li> <li>Encourage to get involved with wellbeing events and charity events at school or within the wider community including extra-curricular clubs – socialising with others in dance outside of school, setting goals to improve and achieve, to boost self-esteem.</li> <li>Learning discipline and self-motivation.</li> </ul>	<ul style="list-style-type: none"> <li>Articulating informed and balanced opinions whilst participating as part of a troupe, while being respectful to all – other members of the troupe may have a difference in opinion, how you manage that is essential towards success.</li> <li>Becoming involved in citizenship whole school/character and culture events or in wider extra-curricular activities – taking part in school competitions to earn points towards house totals.</li> <li>Demonstrate their understanding of physical and mental health and wellbeing – the benefits of exercise and working as part of a troupe – weight loss, feeling better about yourself, boosting self-esteem, self-confidence</li> </ul>	<ul style="list-style-type: none"> <li>Forming an informed opinion, while showing respect for other's beliefs and values who are part of your troupe or just participating in the same sport as you.</li> <li>Understand what positive relationships are – building relationships through team sports. What is the common link – between relationships with team mates in sport and those you interact with in or outside of sport?</li> </ul>
<p><b>Links to other subject</b></p>	<p>Year 7 Science Topic – Lungs and the respiratory system – both will be covered in Term 1 Block 3 (in home learning tasks and embedded into LO's for practical lessons)</p>	<ul style="list-style-type: none"> <li>Year 8 science topic – Energy Systems both will be covered in Term 2 Block 1 (in home learning tasks and embedded into LO's for practical lessons)</li> <li>Year 8 Science Topic – Skeletal System + Muscular System – both will be covered in Term 3 Block 1 (in home learning tasks and embedded into LO's for practical lessons)</li> <li>Joint Year 8 Respiratory homework project with science</li> </ul>	

**IMPLEMENTATION**

**Impact**

Links to NCPE of assessment and evaluation of own and peers skills. Links to NCPE using advanced techniques within a range of dance styles and forms