

Dance



Inspiring PE

Charleston Y6

Links

Music; Fat Sam's grand slam by Buggy Malone

Chris Hollins' Charleston

<https://youtu.be/mrCfqBTy3W8>

Denise Van Outen Charleston to 'Walk Like An Egyptian' - Strictly Come Dancing 2012 - BBC One

https://youtu.be/IUI_6fe_OXE

Title; Dance

Year; 6



Inspiring PE

Learning outcomes

Create a partner and group dance, exploring; speed, levels direction and pathways.
Students will take on the Charleston theme create and reflect on their own work.

Physical skills

- * Create, practice and refine a group of actions, showing control and fluency.
- * Create and link actions together as a pair, group and whole class.
- * Adapt actions to change the dynamics of the dance; speed, levels, formation, pathways and direction.

Use of cognitive skills

Can the students:

- * Analyse their own performance and those of others; giving accurate praise were needed and setting targets to improve.
- * Use actions to tell a story and reflect on these actions
- * Use key words to evaluate self and others.
- * Learn how to evaluate and recognise their own success

Use of social and emotional skills

Can the students:

- Collaborate well with a group to produce a group performance where all students feel confident and successful.
- Create performances that reflect emotions.
- Performing sensitively to the accompaniment.
- Communicating feelings and moods through movements.
- Confidently perform in front of others and express the emotions of the dance.

Questioning

Can you describe the structure of your Hakka dance?
Do you use compositional devices such as unison, canon and repetition well?
Is your dance expressive – does it show the feeling of the Charleston?
How could you improve your performance?

Key words

Fluency
Control
Quality
emotion
Reflect

Unit of work : Dance year: 6 Lesson: 1

Lesson objective – Learn the basic Charleston steps

Steps to success

- 1) Replicate basic Charleston steps
- 2) With a partner create and link Charleston steps whilst in contact
- 3) Reflect on own and others performance



Inspiring PE

Starter activity -

Introduction to the unit of work, watch a short video clip showing the Charleston
On the white board brain storm with the students.

- What is the Charleston theme?
- How does the music make you feel?
- What colours do you see?
- What emotions do you see/feel?
- What actions or shapes did we see?

Warm-up

Ask the students to travel around the room whilst listening to the music. Can the students

Walk on tip toes to the music

skip in time to the music

Side step to the music

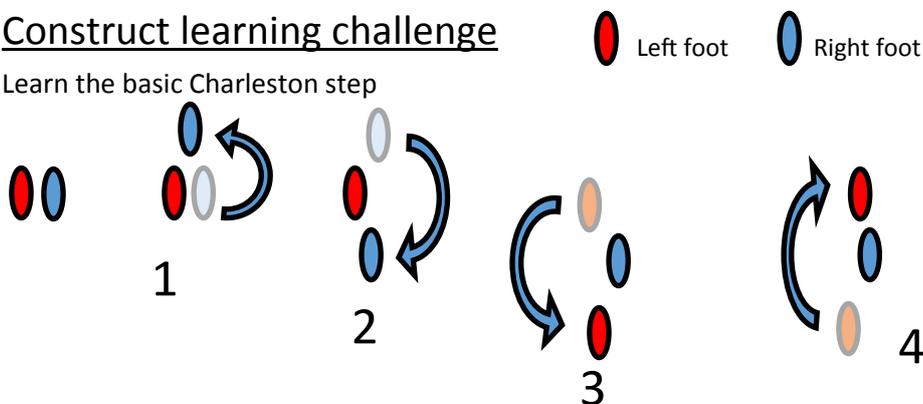
Remind the students that we are looking for controlled action, can they travel around changing direction, keeping quiet feet and quiet mouths.

Mobilise the joints

Start with the head and move down to the feet, see warm-up sheet attached for help.

Construct learning challenge

Learn the basic Charleston step



Progress to including a kick

Cross hands over bent knees, whilst shuffling sideways.

Differentiation

Haps

To use Charleston hands, swinging in time to the steps, opposite hand to feet.

Laps

To take small steps, work with a hap for a few minutes.

If still struggling just step forward and miss out the stepping back.

Application of skill

Practice the Charleston step with a partner, this could be in hold, side by side, holding hands facing each other.

Progress

Can the students create 3 actions and link them together, they must include

- The Charleston step
- 1 action in hold or contact with a partner
- Perform each action to a count of 8
- Start and finishing position

Differentiation

Haps

Create emotional actions, keep to a steady beat.

Laps

Keep to a simple Charleston step, repeat that step in different directions.

Performance

Link the pairs together and label them pair 1 and pair 2. all pair 1's will perform and pair 2's will be the audience. Pair 2 must watch their pair 1, once all pair 1 have performed, pair 2 must give them feedback, what did they see that was good, what could be improved.

Repeat this process with pair 2 performing and pair 1 being the audience.

Ask a student or the teacher to record the performances on an iPad.

The performers must only perform their 4 actions, tell the students you are looking for control and therefore students should only do practiced actions and then stop. STUDENTS MUST NOT KEEP MAKING UP ACTIONS, Quality over quantity.

The audience must watch in silence and look out for good actions and think about why they are good. The performers must perform in role and think about performing quality clear actions.

Review

Think were you able to replicate/ adapt the Charleston step?

Pair talk to a partner, what did you do well today? What could you improve?

Share who would like to share ideas with the group. Pick out children to give suggestions or demonstrations.

Save the recording in a secure place, you can use this to show progression on the last week.

Stretching and mobilising the joints

These are just suggestions, you should not do all of them in each lesson, I advise the pizza as students of all ages enjoy making their own pizza and picking their own toppings. Stretching should be done after the cardio.

Create a pizza



Ask the students to sit in a straddle position, legs straight and knees on the floor. In the middle of the legs is our dough.

- * Ask the students to need the dough to the left foot then the right. Push the dough as far forward as possible.
- * Reach up to the left to get the tomato sauce, spread the source all over the dough
- * Reach up to the right to get the chees. Spread this all over the dough
- * Reach left and down for pineapple and spread all over the dough
- * Reach right and down for mushrooms and spread all over the dough.
- * Pick up the finished pizza and push as far forward as possible, to put the

Rotating at the joints

Rotate the major joints being used in gymnastics

Rotate at the wrists

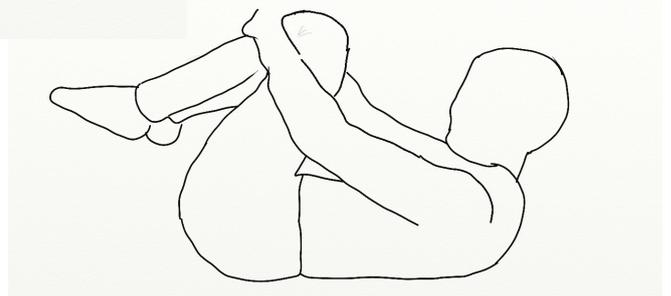
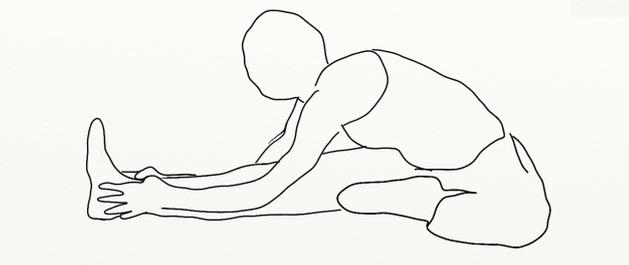
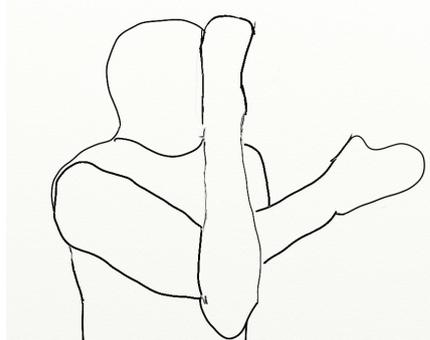
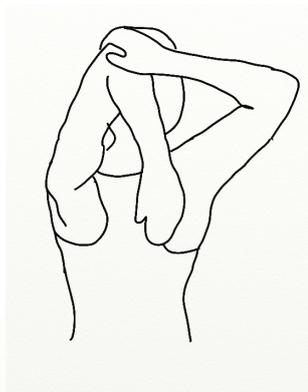
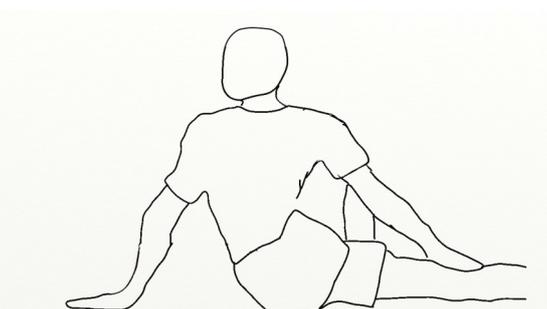
Rotate at the shoulders

Rotate at the hips

Move the ankles left and right up and down

Look left and right, look up and down

You may wish to do the following stretches with older students perhaps before and after the exercise



Links

Chris Hollins' Charleston

<https://youtu.be/mrCfqBTy3W8>

Denise Van Outen Charleston to 'Walk Like An Egyptian' - Strictly Come Dancing 2012 - BBC One

https://youtu.be/IUI_6fe_OXE

Copyright © 2016 Angela Oatley

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.