

Dance Learning Journey

Year 9

Year 7

Year 8



UNIT 2: WAR

SYSTEMATIC REPETITION

MOVEMENT IN A STYLISTICALLY ACCURATE WAY

TIMING CONTENT

RHYTHMIC CONTENT

PLANNING OF REHEARSAL
MENTAL REHEARSAL

REHEARSAL DISCIPLINE

CAPACITY IMPROVE

RESPONSE TO FEEDBACK

MOVEMENT MEMORY

COMMITMENT

CONCENTRATION

CONFIDENCE

UNIT 1: CONTEMPORARY



TECHNICAL SKILLS

MENTAL SKILLS (PERFORMANCE)

MENTAL SKILLS (PROCESS)

SPATIAL CONTENT

SAFE WORKING PRACTICES (PERFORMANCE)

APPROPRIATE DANCEWEAR: FOOTWEAR, HAIRSTYLE, ABSENCE OF JEWELLERY

SAFE EXECUTION OF MOVEMENT

UNIT 1: GOTHIC HORROR

WHY IS IT IMPORTANT TO WARM UP & COOL DOWN?

IMPORTANCE OF NUTRITION & HYDRATION

COUNTERPOINT

CONTACT

COMPLEMENT AND CONTRAST

RELATIONSHIP CONTENT

FORMATIONS

ACCUMULATION

ACTION & REACTION

DYNAMIC CONTENT

MIRRORING

FAST/SLOW

LEAD & FOLLOW

SUDDEN/SUSTAINED

SPATIAL DESIGN: PERSONAL SPACE/GENERAL SPACE

CHOREOGRAPHY USING A STIMULUS

PATTERNS - A DESIGN TRACED IN SPACE

TRAVEL

TURNS



UNIT 2: COG

STILLNESS

GESTURES

ACCELERATION/ DECELERATION

STRONG/LIGHT

CREATING A MOTIF

DIRECTIONS: FORWARDS/BACKWARD SIDEWAYS/DIAGONAL

ELEVATIONS

DIRECT/INDIRECT



UNIT 2: SWANSONG

ADDING IN TRANSITIONS

ACTION CONTENT

USE OF DIFFERENT BODY PARTS

FLOWING/ABRUPT

UNIT 1: JIVE/ROCK & ROLL



LEVELS: HIGH/MEDIUM/LOW

TRANSFER OF WEIGHT

FLOOR WORK