

Year
9

UNIT 1
JIVE/
ROCK & ROLL
UNIT 2
SWANSONG

- TECHNICAL SKILLS
- MENTAL SKILLS (PROCESS)
- MENTAL SKILLS (PERFORMANCE)

TIMING
CONTENT

MOVEMENT IN A
STYLISTICALLY
ACCURATE WAY

RHYTHMIC
CONTENT

PLANNING OF
REHEARSAL

MENTAL
REHEARSAL

SYSTEMATIC
REPETITION

MOVEMENT
MEMORY

COMMITMENT

CONFIDENCE

RESPONSE TO
FEEDBACK

CONCENTRATION

CAPACITY
IMPROVE

REHEARSAL
DISCIPLINE

COUNTERPOINT

CONTACT

COMPLEMENT &
CONTRAST

FORMATIONS

ACCUMULATION

ACTION &
REACTION

LEAD & FOLLOW

SUDDEN/SUSTAINED

ACCELERATION/
DECELERATION

STRONG/LIGHT

DIRECT/INDIRECT

FAST/SLOW

FLOWING/ABRUPT

- RELATIONSHIP CONTENT
- DYNAMIC CONTENT

UNIT 1
JIVE/
ROCK & ROLL
UNIT 2
SWANSONG

Year
8

ADDING IN
TRANSITIONS

CREATING A
MOTIF

CHOREOGRAPHY USING
A STIMULUS

SIZE OF MOVEMENT

SPATIAL DESIGN: PERSONAL
SPACE/GENERAL SPACE

PATTERNS – A DESIGN
TRACED IN SPACE

DIRECTIONS:
FORWARDS/BACKWARDS
SIDEWAYS/DIAGONAL

LEVELS:
HIGH/MEDIUM/LOW

IMPORTANCE
OF NUTRITION &
HYDRATION

SAFE EXECUTION
OF MOVEMENT

USE OF
DIFFERENT BODY
PARTS

TRANSFER
OF WEIGHT

FLOOR
WORK

APPROPRIATE DANCEWEAR:
FOOTWEAR, HAIRSTYLE,
ABSENCE OF JEWELLERY

WHY IS IT IMPORTANT TO
WARM UP & COOL
DOWN?

- TRAVEL
- TURNS
- STILLNESS
- GESTURES
- ELEVATIONS

- SAFE WORKING PRACTICES (PERFORMANCE)
- SPATIAL CONTENT
- ACTION CONTENT

UNIT 1
GOTHIC
HORROR
UNIT 2:
COG

Year
7

KS3 DANCE LEARNING JOURNEY