

KEY STAGE 1		Dance			
YEAR 2					
LESSON TITLE	STIMULUS	Warm Up	BASIC CONTENT	Cool Down	Top Dance
The Seaside Section 1 - <i>Sirells</i>	Objects	Musical Body Parts	FOCUS - WHAT & TIMING: Body Actions, Body Parts, Body Shapes, Counting Beats. Explore, remember, repeat and link a range of actions with control, make short phrases/sequences that express an idea and reflect rhythmic qualities, describe dances – say what they like or dislike, perform as a class.	Follow the leader	Shoreline
The Seaside Section 2 - <i>Waves</i>	Imagery	Gears and Levers	FOCUS - WHAT & TIMING: Body Actions, Body Parts, Body Shapes, Counting Beats. Explore, remember, repeat and link a range of actions with control, make short phrases/sequences that express an idea and reflect rhythmic qualities, describe dances – say what they like or dislike, perform as a class.	Slower, lower, higher	Shoreline
The Seaside Section 3 - <i>Under the Sea</i>	Story/poetry	Gears and Levers	FOCUS - WHAT: Body Actions – Travelling. Explore, remember, repeat and link a range of actions with control, make short phrases/sequences that express an idea and reflect rhythmic qualities and moods.	Simon Says	Shoreline
Colours Section 1 - <i>Black, Blue</i>	Colours/ Pictures	CD Players	FOCUS - WHERE & HOW: Levels, Speeds, Weight/energy. Explore ideas, moods and feelings by experimenting with actions, dynamics levels and a growing range of actions, compose and perform short dances that communicate and express moods and feelings, perform as a whole class.	Cat Stretches	
Colours Section 2- <i>Yellow, Red</i>	Colours/ Pictures	Traffic Lights	FOCUS - WHERE & HOW: Levels, Speeds, Weight/energy. Explore ideas, moods and feelings by experimenting with actions, dynamics levels and a growing range of actions, compose and perform short dances that communicate and express moods and feelings, perform as a whole class.	Relaxing Lions	
Colours Section 3 – <i>White</i>	Colours/ Pictures	Taps	FOCUS - WITH WHOM: Copying and working with a partner. Explore ideas, moods and feelings by experimenting with actions, dynamics levels and a growing range of actions, compose and perform short dances that communicate and express moods and feelings, perform with a partner.	Mirrors	
Seasons Section1- Autumn	Objects Observation	Shakes	FOCUS- WHAT, WHERE, HOW: Body Actions, Body Parts, Shapes, Level, Direction, Speed, Weight. Choose, remember, repeat and link a range of actions with control and co-ordination, express an idea and reflect rhythmic qualities.	Arches	
Seasons Section 2- Winter	Objects Observation	Shakes	FOCUS- WHAT, WHERE, HOW: Body Actions, Body Parts, Shapes, Level, Direction, Speed, Weight. Choose, remember, repeat and link a range of actions with control and co-ordination, express an idea and reflect rhythmic qualities.	Follow the Leader	
Seasons Section 3- Spring	Objects Observation	Sweet Shop	FOCUS- WHAT, WHERE, HOW: Body Actions, Body Parts, Shapes, Level, Direction, Speed, Weight. Choose, remember, repeat and link a range of actions with control and co-ordination, express an idea and reflect rhythmic qualities.	Follow the Leader	
Words in Action Section 1- Words, words, words!	Flash Cards of words	Alphabet Soup	FOCUS – WHAT: Body Actions, Body Parts. Explore body actions and develop movement literacy, explore different levels and directions through using different body parts, compose a small dance phrase, choosing and varying simple compositional ideas.	Cats	
Words in Action Section 2- Signatures	Letters	Alphabet Soup	FOCUS- WHAT & WHERE: Directions and Pathways. Explore different directions and pathways to travel, explore, remember and link simple actions, compose short dance phrases.	Mirrors	
Words in Action Section 3- Hello!	Sounds of words	Shapes and Lines	FOCUS- WHAT, WHERE & HOW. Body Actions, Levels, Direction, Speed, weight. Explore actions through sounds, different directions, levels and pathways, repeat and link dance actions with an awareness of expressive qualities.	Mirrors	

