

KS5 Dance

Curriculum Content - Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 5 Key Focus	<p>Students will be working towards AQA Unit Awards 'Dance warm up; with assistance', 'Explore emotions through performing arts' and 'Developing dance and performance skills'. We will cover 'Safety in Dance'.</p> <p>Warm ups & cool down/ Injury prevention / Hazards etc.</p> <p>Students will learn teacher led dances along with choreographing individually and as a class.</p>	<p>Students will be working towards AQA Unit Awards 'Developing dance and performance skills'.</p> <p>We will also be working on a class dance for a Christmas Assembly performance. Student and teacher choreography</p>	<p>Students will be looking at choreography. Students will be working towards AQA Unit Awards Modern Educational dance: group dance (Unit: 'Learning and performing a dance routine').</p> <p>We will be looking at 'choreography' and watching many dances and working on how to plan, perform and evaluate, including different dance styles, action words, creating a dance motif, dynamics, space and formations.</p> <p>Students will learn teacher led dances.</p>	<p>Students will learn a teacher led dance routine alongside creating their own dances in a group, aiming to perform in a key stage assembly.</p>	<p>Students will look at healthy lifestyles, how and what we need to do to be healthy.</p> <p>AQA units; PSE027, 112493 and 70280 covering healthy lifestyles. These include areas such as promoting fitness, health care services, a balanced diet, activities that promote fitness, local amenities providing fitness opportunities. We will discover how factors such as drinking alcohol, smoking and lack of exercise can contribute to an unhealthy lifestyle and why regular exercise is important, awareness of methods of relaxation and being mindful.</p> <p>We will participate in AQA unit CE7221 – Aerobics.</p>	<p>Summer 1 continued.</p> <p>Students will be working towards a performance for the summer fete including teacher taught and student created choreographing individually and as a class.</p>