





# Term 1- Developing Confidence through Performance



At Malbank pupils will develop confidence and creativity through learning dance sequences and choreography techniques. Pupils will learn the importance of health and fitness and gain awareness of body mechanics.

Prior Knowledge	Current	Future
<p><b>Pupils should have:</b></p> <ul style="list-style-type: none"> <li>• Knowledge of warming up properly and staying safe in the studio.</li> <li>• Knowledge of exercises to help develop fitness and wellbeing.</li> <li>• Knowledge of the stylistic qualities of Musical Theatre.</li> <li>• Knowledge presenting a confident appearance.</li> <li>• Knowledge of a range of dance vocabulary.</li> <li>• Knowledge of a range of choreographic devices.</li> <li>• Knowledge of the skills needed to apply them.</li> <li>• Knowledge of Health and Safety guidance for contact.</li> <li>• Knowledge of motifs.</li> <li>• Knowledge of how to create a motif.</li> </ul>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>- Learning more complex movement and sequences.</li> <li>- Learning the stylistic qualities of a range of dance styles from other cultures.</li> <li>- Know what skills are needed to apply them.</li> <li>- Know the origins and history of a range of different dance styles.</li> <li>- Taking more ownership over creating and making longer pieces of dance.</li> <li>- Add to their knowledge of choreographic devices.</li> </ul>
	 <ul style="list-style-type: none"> <li>• Know how to warmup properly and stay safe in the studio.</li> <li>• Know exercises to help develop fitness and wellbeing.</li> <li>• Know the stylistic qualities of Musical Theatre.</li> <li>• Know how to give a confident appearance.</li> <li>• Know a range of dance vocabulary.</li> <li>• Know why creativity and initiative are important.</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
 <ul style="list-style-type: none"> <li>• Developing self-awareness by evaluating own strengths and areas for development.</li> <li>• Developing wellbeing by learning exercises to promote well-being.</li> <li>• Developing confidence by creating a confident persona.</li> <li>• Develop initiative and independence by creating solo material.</li> <li>• Developing teamwork by working as a team to produce something successful.</li> </ul>		
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>• Applying a range of physical skills including coordination and spatial awareness.</li> <li>• Applying a range of performance skills including focus, energy and extension.</li> <li>• Applying a range of personal management skills including teamwork, communication and resilience, initiative and independence.</li> <li>• Developing fitness– strength and stamina.</li> </ul>	



# Term 2- World Dance



At Malbank pupils will develop confidence and creativity through learning dance sequences and choreography techniques. Pupils will learn the importance of health and fitness and gain awareness of body mechanics.



Prior Knowledge	Current	Future
<p><b>Pupils should have:</b></p> <ul style="list-style-type: none"> <li>• Knowledge of warming up properly and stay safe in the studio.</li> <li>• Knowledge of exercises to help develop fitness and wellbeing.</li> <li>• Knowledge of the stylistic qualities of Musical Theatre.</li> <li>• Knowledge of how to present a confident appearance.</li> <li>• Knowledge of a range of dance vocabulary.</li> <li>• Knowledge of why creativity and initiative are important.</li> </ul>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p>
	 <ul style="list-style-type: none"> <li>• Know a range of choreographic devices.</li> <li>• Know a range of stylistic qualities of different dance styles.</li> <li>• Know what skills are needed to apply them.</li> <li>• Know the origins and history of a range of different dance styles.</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>• Developing self-awareness by experiencing a range of different dance styles.</li> <li>• Developing confidence by creating a confident persona.</li> <li>• Developing resilience with more complex movement vocabulary.</li> <li>• Developing leadership and teamwork skills through group work and creative tasks.</li> <li>• Appreciating dance in different cultures.</li> </ul>	
<p><b>HAND - Skills</b></p>		
 <ul style="list-style-type: none"> <li>• Applying a range of physical skills.</li> <li>• Applying a range of creative skills.</li> <li>• Developing fitness– strength, flexibility and stamina.</li> <li>• Applying teamwork skills to develop dance material in a range of different styles.</li> <li>• Applying a range of personal skills such as leadership, organisation, communication, initiative and resilience.</li> </ul>		



# Term 3-



At Malbank pupils will develop confidence and creativity through learning dance sequences and choreography techniques. Pupils will learn the importance of health and fitness and gain awareness of body mechanics.

Prior Knowledge	Current	Future	
<p><b>Pupils should have:</b></p> <ul style="list-style-type: none"> <li>• Know a range of choreographic devices.</li> <li>• Know a range of stylistic qualities of different dance styles.</li> <li>• Know what skills are needed to apply them.</li> <li>• Know the origins and history of a range of different dance styles.</li> </ul>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>• Know the title, poet and themes of the poem in preparation for English Literature GCSE.</li> <li>• Know the Health and Safety guidance for contact work.</li> <li>• Know how interpretation is similar in Dance and English.</li> <li>• Know a range of motif developments.</li> <li>• Know the stages of the rehearsal process.</li> </ul>	
			<p><b>HEART - Personal Development</b></p>
			<p><b>HAND - Skills</b></p>
	