

HEAD HEART HAND

AT MALBANK

DANCE

Year 7 Term 1: Developing Confidence through Performance



Know how to warmup properly and stay safe in the studio.

Know exercises to help develop fitness and wellbeing.

Know the stylistic qualities of Musical Theatre.

Know how to give a confident appearance.

Know a range of dance vocabulary.



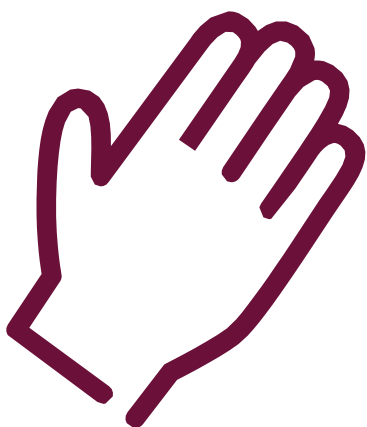
Developing self-awareness by evaluating own strengths and areas for development.

Developing wellbeing by learning exercises to promote well-being.

Developing confidence by creating a confident persona.

Developing trust through contact work.

Developing teamwork by working as a team to produce something successful.



Applying a range of physical skills including coordination and spatial awareness.

Applying a range of performance skills including focus, energy and extension.

Applying a range of personal management skills including teamwork and resilience.

Developing fitness– strength and stamina.

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Year 7 Term 2: Developing Creativity and Teamwork



Know a range of choreographic devices.

Know what skills are needed to apply them.

Know the Health and Safety guidance for contact.



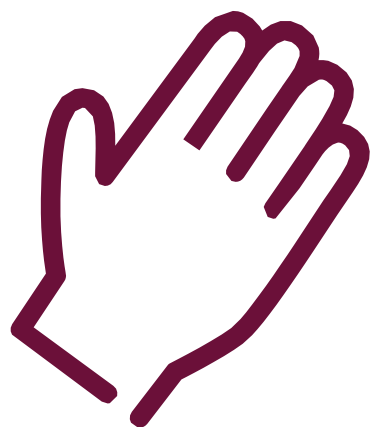
Developing self-awareness through identifying strengths and areas of development.

Developing confidence by creating a confident persona.

Developing trust by learning contact movements.

Developing cooperation and communication.

Developing leadership skills through group work and creative tasks.



Applying a range of physical skills.

Applying a range of creative skills.

Developing fitness– strength and stamina.

Applying teamwork skills to create dance material.

Applying a range of personal skills such as leadership, organisation, communication, initiative and resilience.

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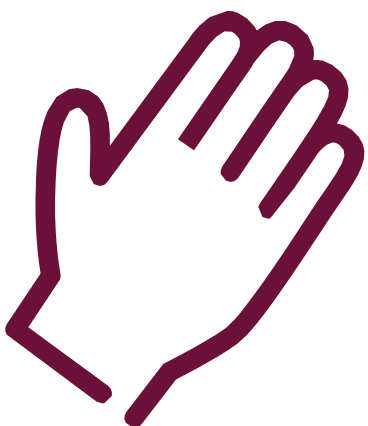
Year 7 Term 3: Motif and Motif Development



- Know what the term motif means.
- Know how to create a motif.
- Know what aspects of dance show meaning.
- Know a range of choreographic devices.



- Develop creativity through group work and problem solving.
- Communicate meaning through movement.
- Explore issues of animal protection.
- Develop teamwork and leadership skills through creative, group work.



- Apply a range of creative skills to create a motif sequence.
- Apply interpretative skills to understand how meaning is communicated through dance.
- Apply performance skills such as dynamics and facial expressions to show meaning.
- Apply a range of physical skills.
- Applying a range of personal skills such as leadership, organisation, communication, initiative and resilience.
- Develop fitness- strength and stamina.