

# HEAD HEART HAND

AT MALBANK

# DANCE

Year 8 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.

Know why creativity and initiative are important.



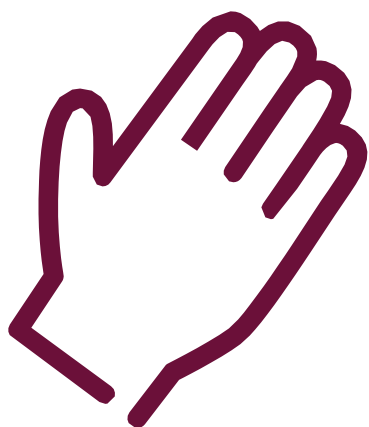
Developing self-awareness by evaluating own strengths and areas for development.

Developing wellbeing by learning exercises to promote well-being.

Developing confidence by creating a confident persona.

Develop initiative and independence by creating solo material.

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, communication and resilience, initiative and independence.

Developing fitness– strength and stamina.

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## DANCE

Year 8 Term 2: World Dance



Know a range of choreographic devices.

Know a range of stylistic qualities of different dance styles.

Know what skills are needed to apply them.

Know the origins and history of a range of different dance styles.



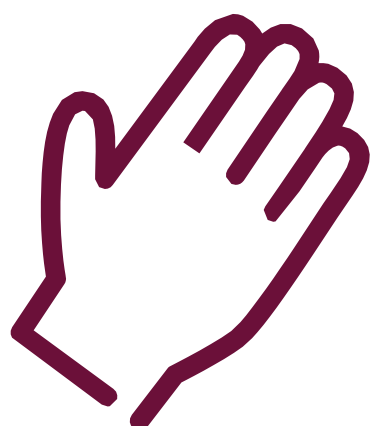
Developing self-awareness by experiencing a range of different dance styles.

Developing confidence by creating a confident persona.

Developing resilience with more complex movement vocabulary.

Developing leadership and teamwork skills through group work and creative tasks.

Appreciating dance in different cultures.



Applying a range of physical skills.

Applying a range of creative skills.

Developing fitness– strength, flexibility and stamina.

Applying teamwork skills to develop dance material in a range of different styles.

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

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# DANCE

Year 8 Term 3: Urban Dance



Know a range of stylistic qualities for a range of Urban Dance styles.

Know how different Urban Dance styles evolved.

Know a range of choreographic devices.



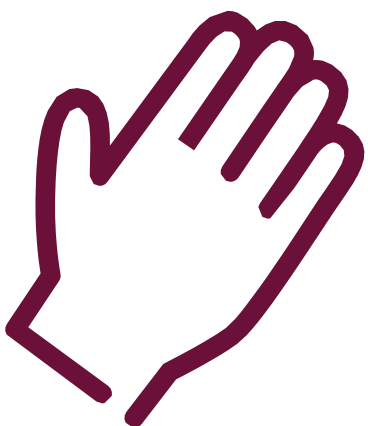
Appreciating dance in other cultures and how different dance styles are linked.

Developing self-awareness by experiencing a range of different dance styles.

Developing confidence by creating a confident persona.

Developing resilience with more complex movement vocabulary.

Developing leadership and teamwork skills through group work and creative tasks.



Applying a range of physical skills.

Applying a range of performance skills.

Applying a range of creative skills.

Developing fitness– strength, flexibility and stamina.

Applying teamwork skills to develop dance material in a range of different styles.

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