### Year 5 Dance Lesson 1 Objectives

- Will know what the term ‘Action word’ means.
- Will know what the term Unison means.
- Will be able to perform a short simple phrase of movement.
- Will be able to set a target for improvement.

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up – Teacher lead</td>
<td>10 min</td>
<td></td>
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<tr>
<td>Stretches – Teacher lead</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Task</strong></td>
<td>5 min</td>
<td>Write suggestions on the board for pupils to refer back to later.</td>
</tr>
<tr>
<td>What is an action word? A doing word, for example jump, kick, bounce etc</td>
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<tr>
<td>Class discussion to suggest action words, consider what actions were performed in the warm up.</td>
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<tr>
<td><strong>Task</strong></td>
<td>5 min</td>
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<tr>
<td>In pairs, select three words from the board, recreate the actions and link together to create a motif</td>
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<tr>
<td><strong>Task</strong></td>
<td>5 min</td>
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<tr>
<td>Join with another pair link together both motifs.</td>
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<tr>
<td><strong>Task</strong></td>
<td>5 min</td>
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<tr>
<td>Challenge pupils to develop the motif by adding a moment of unison, canon and change of tempo</td>
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<tr>
<td><strong>Performance</strong></td>
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<td>Groups perform to another group</td>
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<tr>
<td><strong>Evaluation</strong></td>
<td>5 min</td>
<td></td>
</tr>
<tr>
<td>Pupils guess the words they are performing</td>
<td>5 min</td>
<td>Arrange pairs so that they are mixed ability</td>
</tr>
</tbody>
</table>