

Co-op Academy North Manchester - Year 8 Dance Curriculum

Y8	HT1 HT2	HT3 HT4	HT5 HT6
Topic(s)	Hip-Hop	Dance through Film	Emancipation of Expressionism
Substantive Knowledge (Know That...)	<ul style="list-style-type: none"> ● Hip Hop has been popular since 1960's ● Locking is a style of Hip Hop Dance ● Hip Hop was started in New York City ● Locking means movement that freeze/hold a position Popping movements are performed quick and sudden ● Popping is performed continuously to a rhythm/beat of a song ● Popping has been popular since 1970's ● Unison means performing the same movement at the same time as everyone in your group. Formations is where you stand in a dance ● Transition is a link between dance phrases or sections ● Transitions can help you move to a new formation ● You can travel a movement to change formations ● Michael Jackson performed popping movements in 1970s Canon is when the same movements overlap in time ● Accumulation when a dancer performs a series of movements and others join in at different times until all the dancers are in unison. ● Using developments in dance makes a dance more interesting Levels are the different height you use in a dance ● A dance has a start and ending position ● Low level means you want to be as close to the floor as possible 	<ul style="list-style-type: none"> ● We use 5,6,7,8 to count in at the start of a dance. ● Actions are the movements that are performed to make a dance - <ul style="list-style-type: none"> ○ Turn ○ Travel ○ Gesture ○ Stillness ○ Jump ○ Fall ● Travel means to move from one space to another. ● Turn means to rotate. ● Elevation means for your body to leave the floor. ● Gesture is an action performed by arm movements. ● Travel is when you move from one space in a dance to another ● Fall is when a body gives into gravity. ● Stillness is when you are purposefully still before, during or at the end of a dance. A warm up in dance means to warm the body up. ● A warm up will raise the heart rate. ● A warm up is a mix of cardio and stretching. ● A warm up gets the mind engaged. ● A warm up improves your coordination. ● Changing the order of a dance makes the dance interesting for the audience. ● A cool down prepares the body to stop exercise. ● A cool down is important to prevent injury ● A cool down decreases the heart rate. Contact is when actions are performed in contact with another dancer. 	<ul style="list-style-type: none"> ● A motif is a group of actions which are performed and can be developed ● Dynamics are how the movements are performed Choreographic devices are what changes you can make to a dance ● Unison means the same movement at the same time ● Accumulation is when all dancers perform movements at different times until they are all in unison ● Formations is where you stand in a dance Actions are the movements that are performed ● Space is where a movement is performed ● Dynamics are how the movement is performed Action and reaction is when one dancer performs an action which initiates a response from another dancer ● Action and reaction does not involve contact ● Manipulation is how the dancers re used on the stage ● You can perform to two different parts of the music at the same time A solo is a performance on your own ● You can have people still whilst you perform a solo ● You can all perform a solo at the same time - this is counterpoint ● Counterpoint is when all dancers perform different movement at the same time Focus can improve a performance

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	<ul style="list-style-type: none"> • An starting position helps the audience know you are ready to start a dance • An ending position tells the audience you have finished a dance • Entrance in dance means how you enter the stage • Commitment means being dedicated to a cause or activity • Movement memory is the ability to remember movement • Confidence is the feeling of self-assurance • Concentration is the attention to an object or activity 	<ul style="list-style-type: none"> • Contact is bodies remaining in physical contact when moving. • Adding contact into a dance will make the dance more interesting • Contact in a dance can help tell a story • Choreography can have a beginning, middle and end. • Action and reaction is when an action is performed and another dancer reacts to the movement. • Action & reaction can make a dance more interesting • Action and reaction is used to help tell a story. Acceleration is when you speed up a movement. • Deceleration is when a movement is slowed down. • Highlight is an important moment in the dance • Dynamics are how the dancer moves eg fast/slow strong/soft. • Lead and follow is when one dancer performs a movement and the others follow on. • An audience member should not talk during a performance • An audience member should support other peoples performances 	<ul style="list-style-type: none"> • Focus means you are concentrating on the performance and not laughing • Confidence can improve a performance • Dancers knowing what they are doing improves a performance (movement memory)
<p>Disciplinary Knowledge (Know How...)</p>	<ul style="list-style-type: none"> • To perform the twist/wrist roll • To perform the up and down lock • To perform the two step • To perform the scooby doo • To mix up the four locking movements into a new order • To perform the 4 movements correctly • To perform the popping movements correctly • To mix up the order of movements in a dance to make it more interesting • Identify popping movements from a dance video • To add popping movements to a group 	<ul style="list-style-type: none"> • To perform the correct actions in a dance. • To start a dance in time with the music. • To count and move in time with the music. • To create a choreography as a pair/group. • To perform with a variety of actions which are executed correctly. • Add on actions on the end of a dance or throughout a dance. To include contact in the choreography. • To use different tools to make choreography more interesting. • To identify contact in a performance • To identify what body parts are in contact when watching a performance • To create 	<ul style="list-style-type: none"> • To perform the E of E motif correctly • To perform some movements sharply • To be in time when performing the movements by knowing the counts • To know how to perform different dynamics in one motif • To adapt the group dance using different choreographic devices • To perform in unison • To identify movement from E of E and add it to the group dance • To adapt movement using Actions, Space and Dynamics.

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	<p>danceTo adapt movement so that you change formations</p> <ul style="list-style-type: none"> Identify movements in the style of popping and add it to your danceTo add canon into a group dance Perform in accumulation correctly so that it is effective Evaluate your groups performance so that you can improve the group dance To use levels effectively in a dance To create a clear starting and ending position in dance by using stillness To create movement using the 6 basic dance actions but remaining in the style of Hip HopTo complete a successful rehearsal by focusing on commitment and movement memory To complete an assessment with confidence To complete an assessment with commitment to the dance 	<p>choreography that includes action and reaction.</p> <ul style="list-style-type: none"> To identify what action & reaction looks like in a performance. To perform actions in action and reaction. To use dynamics efficiently to make the choreography interesting and keep the audience interested. To create a slow motion section in a dance To identify different dynamics in a dance. To identify where a highlight is in a dance To create a highlight in a danceTo create choreography that includes sections of lead and follow. To perform in a duo using lead and follow 	<ul style="list-style-type: none"> To identify movement from a video and add it to a groups dance To create an entrance to a dance that fits with a different pace of music To create movement in action & reaction To create a manipulation of number part in the dance To create movement to the most dominant beat of the music To create movement to the quieter beat in the music Rehearse a groups dance so that all dancers remember the dance and can perform Create a solo using some actions from E of E Place a motif in your dance in different orders so that all groups dances look different To place solos in your groups dance which makes it unique to other dancers To rehearse successfully to improve a performance To perform with confidence To perform with focus To perform a routine making no mistakes
Key Concepts	Performance piece focusing on Hip Hop style		
Assessment	Group performance of Hip Hop style dance. Written exam focusing on knowledge of Hip Hop and performance skills.	Group choreography focusing on Dance through Film ideas with a focus of choreography. Written task focusing on dance knowledge and choreography of the skills used in this half term.	Group choreography in the still of Emancipation for Expressionism with a focus on performance. Final end of year written assessment covering all content from within Year 8 lessons.
Homework	Google Quiz Knowledge Assessments x2	Google Quiz Knowledge Assessments x2	Google Quiz Knowledge Assessments x2
How to help at home	Encourage students to watch as many hip-hop dance clips or shows- there are lots available on youtube, Dance magazine and other professional dance pieces such as Emancipation of Expressionism.		

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