

NATD

National Association of Teachers of Dancing

Contemporary Sample Lesson for Key Stage 1

Starter

Pulse Raiser Warm up – travelling round the space. Start with walking, jogging, running, skipping, gallop/sidestep. Call out a number – 1= balance; 2= touch the floor; 3= jump.

Mobilising – roll down exercises with body swings. A short repetitive exercise (alternate side/direction) which will mobilise the joints and focus the students.

Main Lesson

Suggestions– 2-3 of these each week:

Foot warm up

Leg swings

1 floor exercise

Rolls

Travelling through space – jumps, hops etc

Dance – start a dance that can be built on and developed each week. This could be as a solo dancer, duet or whole class – whichever suits the school.

Plenary

Class perform the dance to each other/in small groups. As an audience you need to look for key performance skills and original choreography. What did you enjoy about the performance and why?

Cool Down (if time!)

Sitting and stretching as a class in a circle, ask members of the class to suggest a stretch.

OR

Slowly go through one of the class exercises to cool the body down and reinforce the movement ready for the next class.

