



Scheme of Learning

Key Stage: 4

Unit/Topic Title: Dance for Camera Styles Unit

Curriculum area: Dance

Dance Styles (Contemporary, Ballet, Jazz, Street/Commercial)				
Week	Topic	Content	Prior Learning	Resources
2	Contemporary Technique and movement material	<p>Participation in workshops.</p> <p>Contemporary technique and movement material.</p> <p>Develop skills and techniques. Key terminology and stylistic features.</p> <p>Explore what dance for camera means</p>	<p>Students should be aware of what dance technique means.</p> <p>Students are aware of how to warm up and cool down correctly.</p>	<p>Contemporary Technique video (<i>Practical</i>)</p> <p>Roll down: https://www.youtube.com/watch?v=thoygLIr8jY&list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A&index=2&t=0s</p> <p>Shoulder Rolls and Tilts: https://www.youtube.com/watch?v=pYIZuPzUZ7Y&list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A&index=3&t=0s</p> <p>Foot Sequence: https://www.youtube.com/watch?v=4RsDHbo6w-Y&list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A&index=4&t=0s</p> <p>Contemporary Workshop video (<i>Practical</i>) https://www.youtube.com/watch?v=7YHX48u63UU&list=PLXSToRkLrp7JmpwMIPFK7HG192ZKc6Zba&index=4 (Change ending to own position if unable to do box split)</p> <p>Full Dance with Music: https://www.youtube.com/watch?v=YrU1qfsuUYU&list=PLXSToRkLrp7JmpwMIPFK7HG192ZKc6Zba&index=3</p> <p>Contemporary worksheet</p> <p>Dance for Camera video</p>



<p>3</p>	<p>Ballet technique and movement material</p>	<p>Participation in workshops.</p> <p>Ballet technique and movement material.</p> <p>Develop skills and techniques. Key terminology and stylistic features.</p> <p>Explore camera angles (Wide, Diagonal full body, mid, close up)</p>	<p>Students will be aware of dance technique/terminology such as plie, suspend and fall, travelling, jumps and leaps, floor work, swings, deviation of the spine, travelling triplets.</p> <p>Students will have an understanding of what dance for camera means and how it effects a dance piece.</p>	<p>Ballet Technique video (<i>Practical</i>)</p> <p><u>Beginner:</u> Plie: https://www.youtube.com/watch?v=zyY2TcIAP4k&list=PLXSToRkLrp7IznecUvfCyuMasMKwB413n Tendu: https://www.youtube.com/watch?v=QL1mfttPRnA&list=PLXSToRkLrp7IznecUvfCyuMasMKwB413n&index=2 Full Exercise: https://www.youtube.com/watch?v=Th3EN5IEka4</p> <p><u>Advanced:</u> Plie: https://www.youtube.com/watch?v=d4q7-nX3eYU&list=PLXSToRkLrp7LziION7WJspD7wHF_DVeJC Tendu: https://www.youtube.com/watch?v=wJIf1qHAqL8&list=PLXSToRkLrp7LziION7WJspD7wHF_DVeJC&index=2 Fondu: https://www.youtube.com/watch?v=loznnDxCzBc&list=PLXSToRkLrp7LziION7WJspD7wHF_DVeJC&index=4</p> <p>Ballet Workshop video (<i>Practical</i>) https://www.youtube.com/watch?v=emd8oC5ZqkI</p> <p>Ballet worksheet</p> <p>Dance for camera worksheet</p>
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4	Jazz technique and movement material	<p>Participation in workshops.</p> <p>Jazz technique and movement material.</p> <p>Develop skills and techniques. Key terminology and stylistic features.</p> <p>Experiment with camera angles and editing</p>	<p>Students will be aware of dance technique/ terminology such as plie, suspend and fall, travelling, jumps and leaps, floor work, swings, deviation of the spine, travelling triplets, tendu, turn out, arabesque, attitude, developpe, retire, releve, fodue, coupe, chasse.</p> <p>Students will have an understanding on camera angles and how it can develop/change a movement.</p>	<p>Jazz Technique video (<i>Practical</i>) Warm up and Stretch Sequence: https://www.youtube.com/watch?v=Sk_7qYthu1U&list=PLXSToRkLrp7Lkc6US-PMwwMgK-IJNQ-kv&index=3&t=0s</p> <p>Centre Work: https://www.youtube.com/watch?v=KRTrWc1MsXg&list=PLXSToRkLrp7Lkc6US-PMwwMgK-IJNQ-kv</p> <p>Jazz Workshop video (<i>Practical</i>) https://www.youtube.com/watch?v=-AMH1fuyJ7k</p> <p>Jazz worksheet</p> <p>Dance for camera worksheet</p>
5	Street/ Commercial technique and movement material.	<p>Participation in workshops.</p> <p>Street/Commercial technique and movement material.</p> <p>Develop skills and techniques. Key terminology</p>	<p>Students will be aware of dance technique/ terminology such as plie, suspend and fall, travelling, jumps and leaps, floor work, swings, deviation of the spine, travelling triplets, tendu, turn out, arabesque, attitude, retire, releve, fodue, coupe, chasse, pirouette, pas de bouree, developpe, pose turn.</p>	<p>Street/ Commercial Technique video (<i>Practical</i>)</p> <p><u>Beginner:</u></p> <p>3 moves: https://www.youtube.com/watch?v=ujREEGxEP7g</p> <p>Top Rock: https://www.youtube.com/watch?v=LETsrDLIoto</p> <p>Floor Tricks: https://www.youtube.com/watch?v=-uR2AnfCKrw</p> <p><u>Advanced:</u></p> <p>23 Hip-Hop dance steps: https://www.youtube.com/watch?v=U3mCIKLB2Mw</p>



		and stylistic features.	Students will understand how to put together a dance for camera piece.	Street/ Commercial Workshop video (<i>Practical</i>) Beginner: https://www.youtube.com/watch?v=E46hW9XcOBI Advanced: https://www.youtube.com/watch?v=0WrduNbwYUE Street/ Commercial worksheet Dance for camera worksheet
6	Explore movement ideas for performance piece.	Explore movement ideas for performance piece. Accurately replicate movement material with clarity and control, develop movement memory. Develop skills and techniques during rehearsal process.	Students will be aware of dance technique/ terminology such as plie, suspend and fall, travelling, jumps and leaps, floor work, swings, deviation of the spine, travelling triplets, tendu, turn out, arabesque, attitude, retire, releve, fodge, coupe, chasse, pirouette, pas de bouree, developpe, pose turn, top rock, tutting, freeze, six step.	Choreography tips sheet
7	Explore movement ideas for	Explore movement ideas for performance piece.	Students will be aware of dance technique/ terminology such as plie, suspend and fall, travelling, jumps and leaps,	Choreography Tips sheet Choreography/ dance for camera workbook



	performance piece.	<p>Choreograph for a dance for camera piece.</p> <p>Develop skills and techniques during rehearsal process.</p>	<p>floor work, swings, deviation of the spine, travelling triplets, tendu, turn out, arabesque, attitude, retire, releve, fodge, coupe, chasse, pirouette, pas de bouree, developpe, pose turn, top rock, tutting, freeze, six step.</p> <p>Students will have an understanding of how to choreography effectively for a dance for camera piece.</p>	
8	Explore movement ideas for performance piece.	<p>Explore movement ideas for performance piece.</p> <p>Choreograph for a dance for camera piece.</p> <p>Develop skills and techniques during rehearsal process.</p>	<p>Students will be aware of dance technique/ terminology such as plie, suspend and fall, travelling, jumps and leaps, floor work, swings, deviation of the spine, travelling triplets, tendu, turn out, arabesque, attitude, retire, releve, fodge, coupe, chasse, pirouette, pas de bouree, developpe, pose turn, top rock, tutting, freeze, six step.</p> <p>Students will have an understanding of how to choreography effectively for a dance for camera piece.</p>	<p>Choreography Tips sheet</p> <p>Choreography/ dance for camera workbook</p>

October Half Term



Performance

Week	Topic	Content	Prior Learning	Resources
9	Film Performance Piece	Recap Dance for Camera Piece Film Dance for Camera piece for Film Festival	You should have an understanding of how to choreograph effectively for a dance for camera piece. You should be able to accurately perform a contemporary piece of choreography.	Performance Music - https://www.youtube.com/watch?v=xirk18P889U Timing Sheets (available on Dance TEAMS page, 'files' section)
10	Reflection of movement, developing choreography	Watch back performance. Identify strengths in relation to movement material, areas for development and targets.	You should have an understanding of how to choreograph effectively for a dance for camera piece. You should be able to accurately perform a contemporary piece of choreography. You will have had experience in performing to a camera and understand the differences to performing on a stage setting.	Performance Music - https://www.youtube.com/watch?v=xirk18P889U Performance Piece Performance reflection sheet (available on Dance TEAMS page, 'files' section)



11	Explore movement ideas for performance piece.	Choreography. Application of skills and techniques during rehearsal process. Reflect on targets set.	Last week you watched back your performance and identified strengths, areas of development and targets moving forward.	Building contemporary skills and techniques Foot Exercise: https://www.youtube.com/watch?v=LLIV4q8AVKA Fondu Exercise: https://www.youtube.com/watch?v=aosdssR1aB8 Middle back curve exercise: https://www.youtube.com/watch?v=n8CR_1mZSkI Full Class: https://www.youtube.com/watch?v=GvodOIFx9Bs
12	Explore movement ideas for performance piece.	Create choreography. Application of skills and techniques during rehearsal process..	Last week you took part in contemporary workshops and focused on skills and techniques in contemporary dance.	Choreography Inspiration PowerPoint (available on Dance TEAMS page, 'files' section)
13	Refine movement and film	Refine movement. Film performance piece to peer and self asses.	Last week you started to explore creating contemporary choreography.	Film performance. Peer and self assess worksheet (available on Dance TEAMS page, 'files' section)
14	Apply skills to performance.	Relook at movement. Clarity of movement,	Last week you filmed your performance. You self and peer assessed another student based on their skills	Watching back filmed performance.



		projection and focus.	and techniques throughout the rehearsal process.	
15	Analyse and reflect	Analyse own development and application of skills.	Last week you re looked at your movement and focused on the clarity of movement, projection and focus.	Analysis sheet (available on Dance TEAMS page, 'files' section)

End of Term – Christmas

Performance				
Week	Topic	Content	Prior Learning	Resources
16	Exploring and Developing Choreography	Explore movement ideas for performance piece. Accurately replicate movement material with clarity and control, develop movement memory. Develop skills and techniques during rehearsal process.	Last term you explored 4 different dance styles (Contemporary, Jazz, Street and Ballet). You should understand key vocabulary for these styles and have an understanding of skills and techniques needed.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0 Contemporary Workshop video (<i>Practical</i>) https://www.youtube.com/watch?v=7YHX48u63UU&list=PLXSToRkLrp7JmpwMIPFK7HG192ZKc6Zba&index=4 (Change ending to own position if unable to do box split) Full Dance with Music: https://www.youtube.com/watch?v=YrU1qfsuUYU&list=PLXSToRkLrp7JmpwMIPFK7HG192ZKc6Zba&index=3
17	Exploring and Developing	Explore movement ideas for performance piece. Choreography.	Last week you explored movement ideas by accurately replicating movement material.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0



	Choreography	Develop skills and techniques during rehearsal process	You should have worked on developing your skills and techniques.	Skills and Techniques worksheet (available on Dance TEAMS page, 'files' section)
18	Exploring and Developing Choreography	Explore movement ideas for performance piece. Choreography. Develop skills and techniques during rehearsal process.	Last week you should have explored movement ideas by creating choreography for a given stimulus. You should have worked on developing your skills and techniques.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0 Choreography worksheet (available on Dance TEAMS page, 'files' section) Choreography storyboard (available on Dance TEAMS page, 'files' section) Find a practical technique video to help you improve 1 of your chosen skills/techniques
19	Exploring and Developing Choreography	Explore movement ideas for performance piece. Choreography. Application of skills and techniques during rehearsal process. Identify strengths in relation to movement material, areas for development and targets.	Last week you should have explored movement ideas by creating choreography for a given stimulus. You should have worked on developing your skills and techniques.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0 Carry on with choreography worksheet (available on Dance TEAMS page, 'files' section) Carry on with choreography storyboard (available on Dance TEAMS page, 'files' section) Strengths, areas for development and targets logbook (available on Dance TEAMS page, 'files' section)



				Find a new practical technique video to help you improve a different chosen skills/techniques
20	Exploring and Developing Choreography	Explore movement ideas for performance piece. Choreography. Application of skills and techniques during rehearsal process.	Last week you should have explored movement ideas by creating choreography for a given stimulus. You should have worked on developing your skills and techniques.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0 Carry on with choreography worksheet (available on Dance TEAMS page, 'files' section) Carry on with choreography storyboard (available on Dance TEAMS page, 'files' section) Find a new practical technique video to help you improve a different chosen skills/techniques
21	Exploring and Developing Choreography	Explore movement ideas for performance piece. Choreography. Application of skills and techniques during rehearsal process.	Last week you should have explored movement ideas by creating choreography for a given stimulus. You should have worked on developing your skills and techniques.	Warm up video - https://www.youtube.com/watch?v=zbchEh4_KB0 Carry on with choreography worksheet (available on Dance TEAMS page, 'files' section) Carry on with choreography storyboard (available on Dance TEAMS page, 'files' section) Find a new practical technique video to help you improve a different chosen skills/techniques

February Half Term



25	Explore movement ideas for performance piece.	Explore movement ideas for performance piece. Choreography. Application of skills and techniques during rehearsal process.	Over lockdown you have been exploring creating choreography for either a solo or duet from a given stimulus. You have been introduced to aural settings, structure and choreographic devices	Warm up video - https://www.youtube.com/watch?v=k8gTJng6KoM&list=PLN99XDk2SYr6xB9MRRzTBazrZkXe1qrPW&index=4 Choreography PowerPoint – Available in the files section of TEAMS. Write out your choreography using a choreography structure of your choice.
26	Explore movement ideas for performance piece.	Explore movement ideas for performance piece. Choreography. Develop skills and techniques during rehearsal process.	You have started to create your own solo choreography. You have chosen your aural setting, structure.	Warm up video - https://www.youtube.com/watch?v=k8gTJng6KoM&list=PLN99XDk2SYr6xB9MRRzTBazrZkXe1qrPW&index=4 Choreography PowerPoint – Available in the files section of TEAMS. Write out your choreography using a choreography structure of your choice. Strengths, areas for development and targets logbook – available in the files section of TEAMS
27	Refine movement and Film	Refine movement. Film performance piece to peer and self asses.	You have created your own solo choreography from a given stimulus. You have chosen your aural setting, structure.	Warm up video - https://www.youtube.com/watch?v=k8gTJng6KoM&list=PLN99XDk2SYr6xB9MRRzTBazrZkXe1qrPW&index=4 Complete performance to someone in your household/Film to watch back Performance evaluation worksheet - available in the files section of TEAMS



End of Term - Easter

Professional Repertoire				
Week	Topic	Content	Prior Learning	Resources
28	Introduction to professional repertoire	<p>Introduction to professional pieces of repertoire.</p> <p>How to use ACTION DYNAMICS SPACE RELATIONSHIPS to analyse dance works.</p>	<p>You have previously explored creating a solo piece of choreography.</p>	<p>'ACTION DYNAMICS SPACE RELATIONSHIPS' PowerPoint – Available in Files section of TEAMS</p> <p>https://www.youtube.com/watch?v=FM1FYxJy_sk – Blake McGrath, Instead.</p> <p>Choreography analysis worksheet – Available in the files section of TEAMS</p>
29	Practical Workshop	<p>Practical workshop.</p> <p>Explore key stylistic features of professional repertoire and choreographer.</p>	<p>You have been introduced to a professional piece of repertoire and explored ACTION DYNAMICS SPACE RELATIONSHIPS used throughout the piece.</p>	<p>https://www.youtube.com/watch?v=gNG50HbmOJ4 – Contemporary Technique Workshop</p> <p>https://www.youtube.com/watch?v=FM1FYxJy_sk – Blake McGrath, Instead.</p> <p>Stylistic features worksheet – Available in the files section of TEAMS</p>
30	Practical Exploration	<p>Practical exploration of movement from professional repertoire.</p> <p>Choreography direct replication.</p>	<p>You have practically explored contemporary dance and focused on key movement/features that are seen throughout the professional work.</p>	<p>https://www.youtube.com/watch?v=FM1FYxJy_sk – Blake McGrath, Instead.</p> <p>(Email Miss Gregory for STREAMS link to movement exploration of piece)</p>



31	Practical Exploration	Practical exploration of movement from professional repertoire. Choreography direct replication.	You have started to practically explore the professional repertoire through direct replication.	https://www.youtube.com/watch?v=FM1FYxJy_sk – Blake McGrath, Instead. (Email Miss Gregory for STREAMS link to movement exploration of piece)
32	Perform Movement material	Perform movement material to a small audience.	You have started to practically explore the professional repertoire through direct replication.	https://www.youtube.com/watch?v=FM1FYxJy_sk – Blake McGrath, Instead. Complete performance to someone in your household/film to watch yourself back
33	Explore different stimuli for Dance	Explore different stimuli for Dance.	You have performed repertoire to a small audience.	Dance Stimuli PowerPoint – Available in the files section of TEAMS How to develop movement from a stimulus - https://www.youtube.com/watch?v=9g-8dSepSc4

Half Term – May