

Dance for KS1 Years 1 and 2

Lesson Objective

To be able to use previous experience of hip hop moves to adapt their own and add to the routine

Warmup – practice the 7 moves already taught to music. Sidestep, one step, slide, shoulder bounce, step turn, sidestep punch and heel rotation. 5 minutes

Main - <https://www.youtube.com/watch?v=sofG3xQkLCo>

Recap all moves done so far from all three tutorials. Ask students to perfect these moves through repetition. Look at ways students can perform the same moves in unison. Do they stand side by side, face each other, have one designated leader? Etc...

Allow students to think and perform a maximum of 3 moves for themselves. The beat of the song and speed of the previous moves needs to be considered. New moves need to follow the 8-beat rhythm. Flossing for example would have to be slowed down.

Add the new moves to the routine and allow students time to perform. Look at whether the new moves 'fit' into the hip hop routine. Break dancing is the closest to the style so spins etc can be included.

I played this song <https://www.youtube.com/watch?v=Kr0tTbTbmVA> (Summertime – Will Smith)

Plenary – recap all 7 - 10 moves and remember how to perform them, with arm movements. 3 minutes.