

## Dance for KS1 Years 1 and 2

### Lesson Objective

To be able to link several moves together to form part of a routine.

Warmup – practice the 6 moves already taught to music. Sidestep, one step, slide, shoulder bounce, step turn and sidestep punch. 5 minutes

Stop students after 2 minutes and stretch legs and arms in particular. Ask students to think of their own or lead this part of the warmup. 2 minutes

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

The link above is a 17 minute video showing steps 7,8 and 9 of the basic hip hop steps to a set routine. Skip to 20 seconds for the 7<sup>th</sup> move (heel turn) until 4min 50. Demonstrate, then allow the students to have a go a couple of times. Emphasis on weight on heels and be relaxed not stiff. Use their arms to make it more interesting. 10 minutes

Second move is from 4min 51 to 9.15 (there is an ad in the way). Very similar to the sidestep, but this time you turn your ankle to the side and swing your arms. Teach the step first then add the arms after several practice goes. 10 minutes

Third and final move is from 9.17 until the end of the video where all 3 moves are linked together. The drop and turn is all about being relaxed and not stiff. This is probably the hardest move to date and may take several attempts to get this right. 10 minutes

Try all 3 moves linked together and if time the extension would be to put all 9 moves together one after the other in order. 10 minutes

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

Plenary – recap all 9 moves and remember how to perform them, with arm movements. 3 minutes.