

## Dance Curriculum - March 2019.

Class	Curriculum Content
1 - 3	Singing games with dances and actions, partner games, playground games with song etc.
4	<p>Class 4 dances concentrate on basic directions, lightness, rhythm and moving to the music, arm movements, plus good dancing manners. Most dances will be in circle formation, parallel lines or a single line. The warm-up exercise starts with leading in a spiral, and then counting steps in each direction in a circle.</p> <ul style="list-style-type: none"> <li>• Warm up spiral - Spiral (major/minor)</li> <li>• 16, 8, 4, 2, 1, jump! - Phrase length/turning</li> <li>• Pop goes the weasel - Starting and stopping</li> <li>• Harvest Dance - Gesture/music recognition</li> <li>• Skip to my Lou - Partners/change &amp; choose</li> <li>• Dutch water dance - Parallel lines/good manners</li> <li>• Seven Springs - Walking/skipping</li> <li>• BINGO - Keeping a circle</li> <li>• Circassian Circle - Swing safely!</li> <li>• Pat-a-cake polka - Progression/clap rhythm</li> <li>• Shepherd's dance - Awareness of space</li> <li>• Blaydon Races - Partners/turning</li> <li>• Cumberland square 8 - Basket/ safe hold</li> <li>• Waves of Tory - Listening skills</li> <li>• Basic maypole dances - Control of ribbon, Rhythm of skipping, Awareness of others</li> <li>• Strip the willow - Rhythmic movement</li> <li>• Lucky Seven - Balance/swing</li> <li>• Nottingham Swing - Form/hop-step</li> <li>• Farandole - Line control</li> <li>• Danish contest dance - Humour in dance</li> </ul>

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5	<p>Class 5 dances concentrate on community spirit, equality of the circle, and specific steps with crossing of feet, (thus crossing the mid-line) plus precision and including arm movements. Most of the dances will be from Israel and the Balkan countries. The warm-up exercise is a series of rhythmic movements starting with the feet and moving upwards, &amp; will be adjusted throughout the year.</p> <ul style="list-style-type: none"> <li>• Warm up routine - Sequence/leadership</li> <li>• Chkassia Kfula - Community/balance</li> <li>• Djatchko Kolo - Grapevine step/balance</li> <li>• Nigun atik - Mirror image movement</li> <li>• Mayem mayem - Chekassia Step/gesture</li> <li>• Wise man &amp; the fool - Two direction dance/arms</li> <li>• Wedding dance - Gesture/shoulder hold</li> <li>• Cuncti Simus - Floor Pattern/history</li> <li>• Tsur Chassidit - Changing direction</li> <li>• Makezici - Crossing feet/use of heel</li> <li>• Pera Stous pera Kambos - Jumps/progressive</li> <li>• Chapeloise - Partner progression</li> <li>• Syrtos - Arms/W hold</li> <li>• Maypole weaving - Weaving/precision, Control of ribbons, Awareness of others, Rhythm of weaving</li> <li>• Andro/Hanterdro - Community/repetition</li> <li>• Bourree - Improvisation/style</li> <li>• Maypole weaving - Weaving/precision</li> <li>• Border Morris - Use of sticks/tradition</li> <li>• Cotswold Morris - Stepping/handkerchiefs</li> <li>• North West Morris - Clog stepping</li> </ul> <p>Also whatever is brought by visiting musicians as part of the Folk Fortnight</p>

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6	<p data-bbox="316 320 1391 465">Class 6 dances concentrate on weight, rant step, polka and waltz, reel, and working with a partner, plus speed, grace and style. The warm up is using the rant step and double step in a circle. The rant step is particularly appropriate for young teenagers, to 'ground' them.</p> <ul data-bbox="363 510 1072 1075" style="list-style-type: none"> <li>• Rant step/double step - Grounding</li> <li>• Dorset 4 hand reel - Reel/ rant step</li> <li>• Cornish 6 hand reel - Chain/rant/turns</li> <li>• La Russe - Square/dip &amp; dive/rant</li> <li>• Dashing White Sergeant - Reel to rant/progression</li> <li>• English Morris - Formation/stepping</li> <li>• Danish Double - Circles/double step</li> <li>• Swedish Masquerade -Waltz/couple dance/polka</li> <li>• American Squares - Instant response to call</li> <li>• Maypole dance - Creating new patterns</li> <li>• Levi Jackson Rag - R &amp; L through/ladies chain</li> <li>• Misirlou - Graceful movement</li> <li>• Sicilian Tarantella - Arm co-ordination/polka</li> <li>• Salty dog rag - Jive steps</li> </ul> <p data-bbox="316 1120 1013 1153">Demonstrate a created dance at the Summer Festival</p>
8 - 11	<p data-bbox="316 1205 1391 1305">Opportunities for dance in these classes range from dance modules in the Upper School to taking part in class plays which may involve dances, also the traditional music module with it's Ceilidh.</p>