

DANCE CURRICULUM OVERVIEW



Dance at Tiffin breaks stereotypes, builds mutual respect and appreciation of cultural and artistic differences in a safe, respectful and supportive environment. It promotes mutual respect through diversity of styles and backgrounds of dance works and through learning about and exploring different cultures.

Tiffin Dance offers development of physicality and creativity, improves communication, critical thinking, builds self-esteem and confidence, develops collaboration and group work and offers work related learning.

Tiffin Dance aims to develop students to become creative, confident and healthy. Through the three strands – Performance, Choreography and Critical Appreciation, we aim to nurture the key skills of creativity, teaching students to think critically, problem solve and develop their imagination. Lessons are highly practical in order to provide students with maximum opportunity to develop their skills, learn about the body in action whilst also supporting their general health, fitness and well being.

Dance topics are of a wide variety of genres that explore different cultures, historical/ geographical and social contexts surrounding dance as an art form .

Dance lessons are compulsory for Years 7, 8 (1 period a fortnight); Dance is an option in Year 9 (3 periods a fortnight).

KS3 DANCE CURRICULUM



	Year 7	Year 8	Year 9
Autumn Term	<p>'Diversity'</p> <ul style="list-style-type: none"> ● performance and technique ● Musicality ● Timing ● Clarity of actions ● Dynamic changes ● Projection 	<p>Capoeira+ workshop</p> <ul style="list-style-type: none"> ● Dance from different culture and its background ● Repeat more advanced and physically demanding actions and sequence of movements ● Memorising and performing set choreography ● Muscle memory ● improvisation ● Duo work ● Unison ● Technique and physicality 	<p>Break dance</p> <ul style="list-style-type: none"> ● History and background ● Advanced skills and techniques; health and safety and body awareness ● Developing muscle memory ● Shifting of weight between different body parts ● Balance and core strength ● Learning set choreography and sequences ● Clarity of actions and smooth transitions when performing ● Creative task in duo's ● Manipulating actions content
Spring Term	<p>'An introduction to choreography'</p> <ul style="list-style-type: none"> ● Space, actions, dynamic and relationship ● Choreographic compositions in trios ● Watching professional examples works: BalletBoyz, The Nutcracker, Jabbawakez ● Use of theme/ character to create effective composition with clear structure. 	<p>Parkour and freerunning</p> <p>Technique and choreographic project</p> <ul style="list-style-type: none"> ● Dance from different culture and its background ● Physicality and technique ● Muscle tension and use of power and momentum; body awareness ● Intro to contact work and taking weight ● Trust exercises and techniques ● Choreography by chance ● Working in groups of 4 to complete choreographic project 	<p>Contact work+ acrobalance technique + choreography by chance</p> <ul style="list-style-type: none"> ● Health and safety when taking, sharing weight ● Use of counterbalance with sharing weight ● Technique and body awareness ● Musical tension and control ● Core strength and upper body strength ● Working in duo/trios ● Trust and care when working with others ● Choreographic task using visual stimuli ● Smooth and effective transitions ● Structure ● Climax
Summer Term	<p>Bhangra + workshop</p> <ul style="list-style-type: none"> ● Dance from different culture and its background ● Memorising and performing set choreography ● Working in bigger groups ● Choreographic devices and development 	<p>Stepping and African gamboot</p> <ul style="list-style-type: none"> ● Dance from different culture and its background ● Memorising and performing sequences of movement ● Body rhythms ● Timing and phrasing ● Overlapping rhythms and sounds ● Use of different body parts in creative and original manner to create different sounds and rhythms 	<p>Ka Mate Haka and review and analysis of professional work</p> <ul style="list-style-type: none"> ● Dance from different culture and its background ● Memorising and performing choreography with lyrics ● Working in bigger groups to create tribe ● Strong performance with purpose ● Creative work using composing lyrics to intimidate link with relevant actions: Tiffin tribe