



Year 7

Basic Body Actions

7 Lessons

Aims: This unit of work is designed to introduce students to the basic body actions and how to experiment with these to create choreography.

Links to KS4:

- 3.1.2 Duet/trio performance (Physical skills/Technical skills)
- 3.2 Choreography (Action content/Spatial content/Choreographic Devices)
- 3.3.1 Critical appreciation of own work

Key Skills

- To improvise with the basic body actions to explore movement possibilities
- To develop & demonstrate skills in choice of action & space
- To develop an understanding of key words

Literacy Links:

Key Words: STILLNESS, TRAVEL, GESTURE, ELEVATIONS, TURN, TRANSFERENCE OF WEIGHT, UNISON, CANON, CONTRAST, CHANCE
 Students will also understand alternative words for the basic body actions

Numeracy Links:

Opportunity to use analytical and reasoning skills needed to draw conclusions. Justify how these conclusions are reached and identify errors or inconsistencies.

Assessment

- Choreography:
- Students will be assessed throughout the unit on their ability to integrate the basic body actions into movement material in a creative and imaginative way. (Formative)
- Performance:
- Students should be able to demonstrate control. Their ability to stay in time with a partner/ group will also be shown through their use of group relationships (Summative)
- Appreciation:
- Students will be assessed on their understanding of key words through a written examination. (Summative)

Cross-Curricular Links

Opportunities for further learning

Although homework is not set for Dance in Year 7, students will always be encouraged to rehearse classwork at home in preparation for the practical assessment. Other opportunities will also be made available in lessons for non-participants:

- Option 1:** Find alternative words for the 6 basic body actions- make a key words list
- Option 2:** Notation- recording examples of key positions/ travelling actions (Diagrams & descriptions).
- Option 3:** E-learning
Find an existing dance piece on the internet, analyse and identify the use of basic body actions
- Option 4:** Practical

Rehearsal of assessment piece out of lessons

Option 5: Lightbox challenge

Create a short sequence combining all 6 basic body actions to teach to the group.