



Year 8 Safe Dancer

6 Lessons

Aims: This unit of work is designed to help learners understand how to prevent injury and stay healthy. Everyone’s body has limitations and strengths. Learning the names of bones, joints, muscles and about the basic physiology of how the body works will help them to dance more safely and to recognise their strengths and weaknesses.

Links to KS4:

- 3.1.2 Duet/trio performance (Physical skills)
- 3.2 Choreography (Action content/Spatial content/Dynamic content/Relationship content)
- 3.3.1 Critical appreciation of own work (Safe Practice/Physical skills)

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> • To understand the importance of a warm up & cool down, applying knowledge in practical activities. • To understand the functions of the skeletal & muscular systems. • To use knowledge of the human body to build choreographic skills & to improve performance of physical skills. 	<p>Key Words: Cardiovascular, Flexion, Extension, Rotation, Circumduction, Abduction, Adduction.</p> <p>Be able to read and understand information and instructions, then use this understanding to act appropriately.</p>	<p>Opportunity to use analytical and reasoning skills needed to draw conclusions. Justify how these conclusions are reached and identify errors or inconsistencies.</p>
<p>Assessment</p> <p>Choreography:</p> <ul style="list-style-type: none"> • Students will be assessed throughout the unit on their ability to select appropriate action, space, dynamics & relationships linked to the human body (Formative). <p>Performance:</p> <ul style="list-style-type: none"> • Students should be able to demonstrate a range of physical skills in their final performance (Summative). <p>Appreciation:</p> <ul style="list-style-type: none"> • Students will be assessed on their knowledge of: warm up & cool down, functions of the skeleton & muscles (Summative). 	<p>Cross-Curricular Links</p> <ul style="list-style-type: none"> • PE – knowledge of safe practice & analysis of individual performance. • Science - organisms <hr/> <p>SMSC opportunities and British values</p> <ul style="list-style-type: none"> • Enable students to develop their self-knowledge, self-esteem and self-confidence. 	

Opportunities for further learning

Homework is not set for Dance in Year 8. However alongside being encouraged to rehearse in preparation for assessment the following options can be used as non-participator activities or extension tasks.

- Option 1:** Warm-up worksheet (Non-participant task 1) To record knowledge of new found knowledge.
- Option 2:** Notation (Non-participant task 2) Recording examples of key positions (Diagrams & descriptions).
- Option 3:** Physical skills challenge (Non-participant task 3) Trying out/recording exercises to further improve skills.
- Option 4:** Practical – To plan & deliver a cool down.