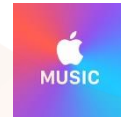
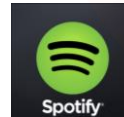


This dance overview provides a guide that can be used in combination with the lesson plans.

The 'Olympic' dance is set to the track 'Search for a Hero' by M People.

- You will need to download this track. It should be 4 minutes, 09 seconds and can be found on most music and streaming sites, for example Spotify, I-Tunes, Amazon.

Links to 'Search for a Hero'



Notes for the dance:

- The Olympics dance tells the story of the events that make up an Olympic Games.
- The children will be responsible for creating most of the dance phrases that will make up the dance. This gives them the opportunity to be creative and express themselves - key elements in any dance choreography - cooperation, working together and communication will be important skills the children will also develop throughout the unit and should be emphasised throughout.
- Lesson 6 – The Performance: it is important the children are given an opportunity to perform the dance they have created. There are notes within Lesson 6 on how the children can perform to an audience.

Dance terminology:

- Choreography** – the art of designing a sequence of movements/actions that are used to perform a dance.
- Dance Phrase** – a series of movements that are linked together to form part of the overall choreography of the dance.
- Unison** – performing the same action at the same time.
- Characters** - performing as the character, making use of actions, expressions, and body language.
- Canon** - when actions/movements are performed one person after another.
- Evaluation** – an assessment of the quality and strengths of your own and other performances, as well as a reflection on areas for improvement.

All the lesson plans in the unit are a guide; different elements of choreography can be added or changed to meet your requirements.

This is a summary of a full plan available at www.peplanning.org.uk.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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The table below gives an outline of the choreography of each part of the dance:

Part of the Dance	Track Time	Taught in Lesson	Choreography
Part 1: Opening Ceremony	0:00 to 0:51 minutes	Lesson 1	<ul style="list-style-type: none"> Select 4/6 children to become the 'torch bearers' The rest of the children act as the Olympic torch
Part 2: Athletics	0:52 – 1:34 minutes	Lesson 2	<ul style="list-style-type: none"> Children work in groups of 3 to create a routine which represents an athletics event Each group should work in a set area to perform and practise this Encourage the children to use body language and expression
Part 3: The Boxing Bout	1:35 – 2:28 minutes	Lesson 3	<ul style="list-style-type: none"> Children work in pairs to create a routine to represent a boxing bout at the Olympics Each pair must include a ring walk, the bout and the result in their routine Encourage the children to think about emotion, feelings and actions
Part 4: Your Olympic Sport	2:28 – 3:35 minutes	Lesson 4	<ul style="list-style-type: none"> During this section the children can work on their own, in a pair or in a small group The children need to create a routine for their 'Favourite Olympic Sport' Encourage them to tell a story throughout their routine
Part 5: The Closing Ceremony	3:36 – 4:09 minutes	Lesson 5	<ul style="list-style-type: none"> The closing ceremony is split into two phrases: - the Olympic rings and the flame is extinguished For the Olympic rings section, the children need to form 5 rings to represent the Olympic rings, this section is performed in canon For the 'flame is extinguished' section, all the children come together to represent the flame going out as they start to gradually lower to the floor. This can be performed in unison
Part 6: Performance	0:00 – 4:09 minutes	Lesson 6	<ul style="list-style-type: none"> This is performed in front of an audience

The choreography for each part of the dance is a guide and can be changed to suit your requirements at any stage.

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