

**OVERALL UNIT LEARNING OBJECTIVES:**

In this unit children focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of subjects, and work in pairs and small groups. In dance as a whole, children should think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

**LESSON OBJECTIVE:** Learn the key movements of the DDMIX 1980s dance, demonstrating clear dynamics.

**Lesson Plan**

- **Warm up:** DDMIX Warm up
- **Play the 1980s DDMIX music** – Ask the children which sport would they associate with that music? Why?
- **Introduction Activity: Shapes.** Play the game using different sports with commands that the children choose such as football, boxing, tennis, running, basketball etc.
- **Main Activity:** Model the four key DDMIX 1980s movements, one at a time allowing the children to repeat, identifying the key **dynamics** through each movement.
  - Punches**
  - Jumps**
  - Sumo**
  - Knee Crunches**
- Create four stations in the room, each with a card to represent a key movement. Divide the children between the stations and give groups two minutes to practise that movement using the music. Rotate until groups have demonstrated all key movements.
- Split the class in half. Give each half a key movement to demonstrate to the other half. Repeat with another key movement so that all 4 key movements have been demonstrated.
- **Plenary:** Children discuss the dynamics of the 1980s and self-reflect on which movements that they found easy and movements that could be improved. Reflect on one improvement for next week.
- **Cool down:** DDMIX Warm down

**Differentiation**

- To make it easier, explore movements and copy modelled movements.
- To make it harder, repeat and fit movements to the beat, creating a short sequence.
- To make it harder, add in gesture and facial expressions.

**Vocabulary & Questions**

- Which movements were hard to fit to the music? Why?
- How many counts are there in each movement?
- Which movement requires the most energy? Which movement is the jerkiest?
- How could you make the punches sharper? (Make sure you fully straighten the arms.)
- Which movements were easy/hardest to fit with the beat/rhythm?
- Which sport would use these types of movements? (Boxing)

**Learning points and success criteria****1980s dynamics**

- Speed: Moderate
- Energy: Strong
- Flow: Jerky

**DDMIX 1980s Key movements**

- Punches
- Jumps
- Sumo

**Resources, Pictures and Music**

- DDMIX Warm up music
- 1980's up-tempo music, e.g. The Final Countdown – Europe, Eye of the Tiger - Survivor
- DDMIX 1980's music
- DDMIX 1980s resource cards
- DDMIX Warm down music