

ROMANS DANCE LESSON 5

Year 5

Learning Intention: How can you use '**dynamics**' when performing a dance?

Yr 5

I can show some dynamic elements when performing.

I can show a variety of dynamic elements when performing.

I can move with control and fluency when showing a variety of uses of dynamic elements.

EQUIPMENT:

MUSIC: Track 5 –
Thor Ragnarok Theme
song
Roman Gods/
Goddesses picture cards

Yr 5 Key Words: Relationships, space, dynamics, elements, matching, mirroring, energy, speed, flow, collaborate, stimulus.

STARTER: Roman Gods

Starter: Show the children the pictures of each God/Goddess and discuss them. Who they are, what their powers are.

Warm Up

Track 1 - Warm up Music

In groups of four create an aerobic dance warm up:

We are going to look at the **dynamic** element of dance.

What does the concept of **dynamics** in dance mean? **HOW** the dancer moves. E.g. fast/slow, acceleration/deceleration, low energy/high energy, strong/light, flowing/sharp.

1. Can you try and add each of these below to your warm up?

Energy

Low energy - smooth movements - arm circles, walking slowly, shoulder movements.

High energy - strong powerful movements - sprinting fast, star jumps.

Speed

Slow - move in slow motion.

Fast - move double time.

Acceleration /deceleration - slow to fast or fast to slow.

Flow

Robotic - short, sharp movements.

Continuous flowing smooth movements - swinging arms, twisting, turning.

The children get into pairs to explore 2 or 3 of the gods/goddesses from the list below, creating 3-5 movements for each:

Jupiter: King of the gods and God of thunder and lightning.

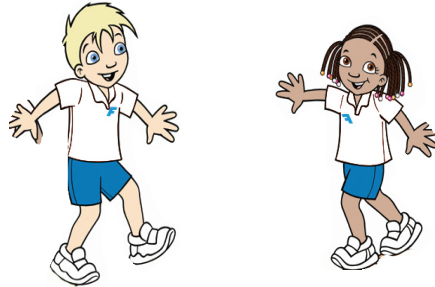
Neptune: God of the sea and earthquakes.

Diana: Goddess of hunting, archery and animals.

Ceres: Goddess of the harvest/food.

Pluto: God of the underworld – fire, wealth, money, destruction.

TP: Allow the children plenty of time to explore and create (approximately 15 minutes)



Encourage the children to use the different dynamic elements (energy, speed and flow) for each god e.g.

Ceres: Low energy, slow speed, continuous flow.

Pluto: Medium energy, acceleration/deceleration speed, continuous flow.

Thunder: High energy, fast speed, abrupt flow.

ACTIVITY 2: Creating your own God/Goddess

MUSIC: Track 5 – Thor Ragnorok
Theme song

1. **In their pairs** the children to choose their favourite God/Goddess and create a longer dance sequence of 4-8 movements.
2. The children create their own God/Goddess not already explored.
3. Discuss what their God/Goddess looks like:
What are they the God/Goddess of?
What is their weapon?
What is their special power?

They create a dance sequence of 4-8 movements to represent their chosen God/Goddess

Children to think about the **Dynamic** elements when creating their god . Does your God/Goddess move fast or slow, robotic or smooth, strong or gentle?

ACTIVITY 3: Parade of the Gods/Goddesses

MUSIC: Track 5 – Thor
Ragnorok Theme song

1. Split the class into two:

ROMANS: One half to be the Roman people: who are kneeling, praying and calling to the Gods/Goddesses

GODS : The other half to be the Gods/Goddesses who appear to the people (and perform their dance sequences.)

2. Swap over.

Q&A: What dynamic elements did they see when the gods were performing?
e.g. **energy, speed and flow**

COOL DOWN

Children move around the room, changing the speed of travel from a fast to a slow walk to bring their heart rates down.

PLENARY

Did you enjoy being a God/Goddess?
How did you show a variety of dynamics in your dance?

