# **VIKING DANCE LESSON 6**

Year 5

Learning Intention: How can you **collaborate** with a group to make a dance performance?

Equipment:

Equipment: MUSIC:

Track 4: This is Me

Video 3

Yr 5

I can begin to collaborate with a group to create a dance performance. I can collaborate to create a dance performance.

I can co-operate and collaborate to create a dance performance displaying a range dance elements.

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

## **WARM UP**

**Track 1 Warm up music** 

- 1. Children to be in pairs, they are to then create three God/Goddess poses
- 2. Then children skip, jump, gallop around the area.
- 3. When the teacher pauses the music and says the command word POSE 1 or POSE 2, the children FREEZE in that pose.

# Rules of the game:

- They must use a **space** or **relationship** element with their partner e.g.

Space: Can the children use different levels, directions, or size of movement to their partner?

Relationships: Which of the movements could include either matching/mirroring? Can they use different formations on the pose? e.g. back to face, face to face, side by side.

Children to collaborate in groups of 4 - to rehearse and link all their dances together.

# 1. Lesson 2. Activity 3 - Heading to battle

- 1. The children march alone (spread out in a space)
- 2. The children join a partner and march side by side (or 3s if odd numbers)
- 3. Two pairs join to march in a line of 4 (5s if odd numbers)
- 4. Two lines of four join, marching one line behind the other to make a group of 8.
- 5. Two groups of 8 join to march in a square formation of 16.
- 2. Lesson 3 Activity 3 The battle.
- 3. Lesson 4 Activity 2 Own God/Goddess.

Collaboration: Can the children help each other and make sure everyone in their group knows all of the moves?

Linking Learning: Children to think about everything they have learned over the last 6 weeks and how they can include the key **elements** into their dance:

Dynamics Relationships Space

## **ACTIVITY 2: Performance**

- 1. Split the class into two. One half to dance and the others to watch.
- 2. Teacher to spread out the groups and count them in to the music.
- 3. Children can be mini-coaches and give feedback to the performers. Did you enjoy the performance and if so why?

What elements did you enjoy most? Relationships, Space and Dynamics.

4. Swap over.

# **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 the Vikings Dance scheme?

How did you **collaborate** with each other to adapt or create your new dance?

