

DANCE

DANCE - Dance through the decades

Learning Objectives:

- Perform dances using a range of movement patterns.

Theme: Dance

Core Knowledge

The 60's The Twist

One key dance style from the 1960s was The Twist. Dancers stand with their feet shoulder-width apart. They hold their arms out from their body, bending them at the elbow. Dancers balance on the balls of their feet, twisting back and forth. Dancers can adapt the basic movement to make it their own, adding a leg lift, twisting up and down or leaning forwards and backwards

The 70's Disco

Disco is a genre of music and dance that became very popular in the 1970s. Disco dancers match their movements to the beat of the music. Characteristic elements of disco dance include stepping forwards, backwards or to the side, having pointed fingers and using sideways hip movements. The Point Move is an iconic disco dance move. The dancer points their finger up in the air and moves it diagonally down across their body, while moving their hips from side to side.

The 80's Hip Hop

80s hip-hop social dances were created when hip-hop artists began releasing songs that had specific accompanying dances. These dances were very popular and easily recognisable, and were ideal for performing at parties. Some well-known hip-hop social dances from the 80s include the Cabbage Patch and the Running Man. In the Cabbage Patch dance, the dancer moves their arms round in a circle, parallel to the ground, while also moving their hips round.

The 90's and beyond

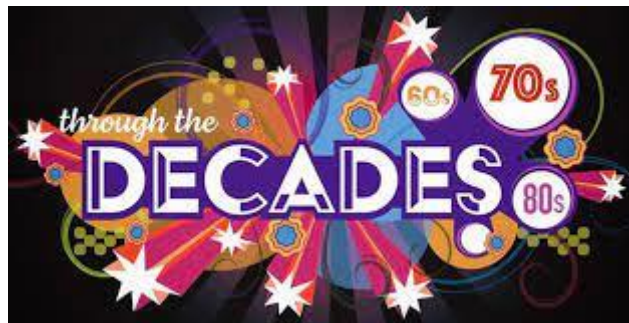
Many dances in the 90s, 2000s and 2010s featured groups of dancers performing routines in unison. Dancing in unison means the dancers perform the same movements at exactly the same time. In the 90s, many pop groups danced

Theme

People have always danced to express joy and emotion, to show their love for music and for cultural or religious reasons. Dance styles have changed over the years and each time period has specific dance styles.

Throughout these lessons in this unit, we will find out about six different decades and some of their key dance styles.

You will listen to some of the music from each decade and have a go at emulating the dance styles to develop your own dances for each era



<p>in unison when performing their dance routines. Several of the dance crazes of the 2000s featured performers dancing in unison, as did many social media viral dances. Dances performed in unison are often catchy and easy for groups of friends to pick up quickly.</p>		
Vocabulary	Development Of Skills	Specific Skills
<p>Adapt - To change a dance slightly while still keeping the main styling elements.</p> <p>Craze - Something that is very popular for a period of time.</p> <p>Decade - A period of ten years.</p> <p>Disco - One of the significant dance styles of the seventies. It is characterised by rhythmic steps, pointed fingers and sideways hip movements.</p> <p>Hip Hop - One of the significant dance styles of the 80s. It is characterised by breakdancing, stylised footwork and body-popping and locking.</p> <p>Pop - One of the significant music and dance styles of the 90s. It is characterised by dancing in unison and having actions that tell the story of the lyrics.</p> <p>Routine - A sequence of movements that make up part of, or a full dance.</p> <p>Style - The style of a dance is shown through the key movements that are seen in the dance.</p>	<p>Physical Me: (Skills) I can respond to a range of stimuli, improvising freely using a range of controlled movements and patterns. I can explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship.</p> <p>Creative Me: (Applying skills) I can select and use a range of compositional ideas to create motifs that demonstrate my dance idea. I can perform with clarity and sensitivity to an accompaniment, communicating a dance idea on my own, with a partner and in a group.</p> <p>Healthy Me: (Healthy lifestyles) I can describe how dance contributes to fitness and wellbeing. I can identify what types of exercise I need to do to help me with my dancing..</p> <p>Thinking Me: (Evaluation) I can use appropriate language and terminology to describe, interpret and evaluate mine and others' work. I can recognise how costume, music and set can help to improve a dance performance.</p>	<p>The Sixties The twist The Mashed Potato The swim Improvise 60's moves to 60's music Work with a partner to plan a dance that is inspired by other 60s dances. It should last about one minute and should feature the 60s dance styles we have learnt. You might make some changes or modifications to each of the 3 moves. Remember to make sure your dance is still recognisable in the 60s style. Music to dance to - 'The Twist' by Chubby Checker, 'Twist and Shout' by The Beatles, 'Mashed Potato Time' by Dee Dee Sharp, 'The Swim' by Bobby Freeman and 'Do You Love Me' by The Contours</p> <p>The Seventies - Disco The sidestep The pointed finger move The sprinkler move The electric slide Sideways hip movements Improvise 70's moves to 70's music Work with a partner to plan a dance that is inspired by other 70s dances. It should last about one minute and should feature the 70s dance styles we have learnt. You might make some changes or modifications to each of the moves. Remember to make sure your dance is still recognisable in the 70s style. Music to dance to - 'Stayin' Alive' by the Bee Gees, 'Le Freak' by Chic, 'September' by Earth, Wind and Fire and 'A Fifth of Beethoven' by Walter Murphy</p> <p>The Eighties – Hip Hop Breaking Locking Popping The Cabbage Patch The running man The Prep Improvise 80's moves to 80's music Work with a partner to plan an 80s hip-hop-inspired dance. It should last about one minute and should feature the 80s hip-hop dance styles we have learnt. You can adapt the dance styles slightly to fit your preference and the music. Remember to make sure your dance is still recognisable in the 80s style.</p>

		<p>Appropriate instrumental hip-hop beat music for dancing to - instrumental hip-hop music and 'Gittin' Funky' by Kid 'N' Play</p> <p>The Nineties – In unison Dancing in unison means the dancers perform the same movements at exactly the same time. Take That was a dance pop group, or boy band, which formed in Manchester in 1990. The members often performed high energy dance routines in unison, all performing the same moves at the same time. The Spice girls were another dance band group who danced to tell a story – matching actions to lyrics In a pair - perform some steps in unison and perform some actions to fit the lyrics. Think about what works best for your group and with the music. Remember to make sure your dance is still recognisable as a 90s pop group style. Small group - Join together with another pair so that you form a group and now work together to plan a dance. It should last about one minute and should feature the dance elements or characteristics of 90s pop groups that we have covered. Music to dance to - 'It Only Takes a Minute' by Take That, 'Stop' by the Spice Girls and 'Tragedy' by Steps</p> <p>The Noughties – Dance crazes The Cha cha slide The Ketchup song Improvise to the music using some of these moves Small Group dance - Listen to the music and work with a group to plan a dance routine that could be the next 2000s style dance craze. It should last about one minute and should fit the music and the lyrics. You can use actions from previous decades, as many of the dances in the 2000s did. So think about The Twist from the 60s, hip movements and extended limbs from the 70s, popping and locking movements from the 80s and acting out the lyrics from the 90s. Music to dance to - 'Cha Cha Slide' by DJ Casper, 'The Ketchup Song' by Las Ketchup and 'Pon de Replay' by Rihanna</p> <p>2010's – social media and dance (TikTok) The Floss Gangnam style Try out these dances Try to improvise some dance moves along to the music. Think about what could be used to incorporate into a dance routine. In pairs - Imagine you are trying to start the next 2010s social media viral dance style! Small group – 2make a 010s social media viral dance Music to dance to - 'Flossin' by The Backpack Kid and DJ Suede, 'Gangnam Style' by Psy and 'Chicken Noodle Soup' by j-hope (feat. Becky G</p>
Prior Knowledge	Safety	

<p>Year 4 I can use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer.</p> <p>Year 5 I can explore, improvise and choose appropriate material to create new motifs in a chosen dance style. I can perform specific skills and movement patterns for different dance styles with accuracy. I can compose, develop and adapt motifs to make dance phrases and use these in longer dances. I can use appropriate dance terminology to identify and describe different styles in my own and others' dances. I can talk about the relationship between the dance and its accompaniment and can suggest ways to develop my technique and composition.</p>	<p>Wear PE kit Remove all jewellery (tuck in any religious jewellery) Earrings should only be studs. Long hair must be tied back. Wear suitable footwear Use correct techniques. Complete a warm-up and cool-down in each lesson.</p>
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End Point Expectations

I can identify some music and dance styles popular in the UK in the 1960s.
I can perform some key 1960s dance moves that are inspired by the Twist.
I can perform key and characteristic 1960s-style dance moves, such as twisting the hips and flicking the heels and feet outwards.
I can identify some music and dance styles popular in the UK in the 1970s.
I can perform some key 1970s dance moves that are inspired by disco.
I can perform key and characteristic 1970s-style dance moves, such as side-to-side hip movements and step patterns.
I can identify some music and dance styles popular in the UK in the 1980s.
I can perform some key 1980s dance moves that are inspired by hip-hop.
I can perform key and characteristic 1980s-style dance moves, such as popping, locking and breakdancing.
I can identify some music and dance styles popular in the UK in the 1990s.
I can perform some key 1990s dance moves that are inspired by girl groups and boy bands.
I can perform key and characteristic 1990s-style dance moves, such as dancing in unison and matching actions to lyrics.
I can identify some music and dance styles popular in the UK in the 2000s.
I can perform some 2000s dance moves that are inspired by previous decades.
I can work with a group to develop a dance that incorporates elements from other decades and resembles a 2000s dance craze style.
I can identify some music and dance styles popular in the UK in the 2010s.
I can perform some dance moves that are inspired by 2010s social media viral dances.
I can work with a group to develop a dance that incorporates elements of a 2010s social media viral dance style.

RESOURCES TO SUPPORT THIS UNIT - Twinkl Move PE Year 6 Dance: Dance Through the Decades