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| **Dance** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **History of dance**  **&**  **Dance around the world** | | **Exercise through Dance**  (Zumba & Boxercise) | | **Stories & Popular Culture**  (Storytelling & Just Dance) | |
| **Pathway 1** | Explore and observe dance styles over the last 100 years.  Identify different styles of music that have developed over time based on genre, decade, etc.  Create a routine based on a chosen dance era. | Examine traditional dances from around the world.  Recognise rhythmic patterns and demonstrate links to the music curriculum e.g. rap, Samba, pop music.  Observe online tutorials to recreate and perform a traditional dance.  Create own routine to an identified country and record on video. | Explore how music and dance combine to create a platform for exercise.  Zumba teacher to come in and deliver a session.  Observe online tutorials to recreate and perform a routine.  Create own Zumba routine and perform. | Develop knowledge and understanding of how Boxercise can improve personal fitness.  Watch online boxercise tutorials to recognise how classes are organised.  Examine and learn the different skills and techniques used to perform boxing actions in relation to boxercise.  Create and demonstrate own boxercise routine. | Choose familiar story, with repetitive theme, to enable re-telling.  Explore appropriate music/song to accompany the story.  Demonstrate links to the Music Curriculum e.g. film scores, soundtracks etc.  Use visual aids/props to support the dance if desired.  Create and develop a dance routine to retell the story to perform and record on video. | Choose appropriate song from a favourite genre, pop star, band etc.  Explore the Just Dance options already accessible online for the song.  Learn full routine as per Just Dance or create own full routine to the song.  Perform the full routine and record on video. |
| **Pathway 2** | Explore and observe dance styles over the last 100 years.  Identify different styles of music that have developed over time based on genre, decade, etc.  Create a routine based on a chosen dance era. | Examine traditional dances from around the world.  Recognise rhythmic patterns and demonstrate links to the Music Curriculum e.g. rap, Samba, pop music etc.  Observe online tutorials to recreate a traditional dance.  Create own routine to an identified country and record on video. | Explore how music and dance combine to create a platform for exercise.  Zumba teacher to come in and deliver a session.  Observe online tutorials to recreate and perform a routine.  Create own Zumba routine and perform. | Develop knowledge and understanding of how Boxercise can improve personal fitness.  Watch online boxercise tutorials to recognise how classes are organised.  Examine and learn the different skills and techniques used to perform boxing actions in relation to boxercise.  Create and demonstrate own boxercise routine. | Choose familiar story, with repetitive theme, to enable re-telling.  Explore appropriate music/song to accompany the story.  Demonstrate links to the Music Curriculum e.g. film scores, soundtracks etc.  Use visual aids/props to support the dance if desired.  Create and develop a dance routine to retell the story to perform and record on video. | Choose appropriate song from a favourite genre, pop star, band etc.  Explore the Just Dance options already accessible online for the song.  Learn full routine as per Just Dance or create own full routine to the song.  Perform the full routine and record on video. |
| **Pathway 3** | Explore and observe dance styles over the last 100 years.  Learn a routine via online tutorial and perform. | Examine traditional dances from around the world.  Recognise rhythmic patterns.  Observe online tutorials to recreate own traditional dance and perform.  Record performance on video | Explore how music and dance combine to create a platform for exercise.  Zumba teacher to come in and deliver a session.  Observe online tutorials to recreate and perform own Zumba routine. | Develop basic understanding of how Boxercise improves personal fitness.  Watch online boxercise tutorials.  Explore different skills used for boxing  Learn a boxercise routine via online tutorial and perform. | Choose familiar story, with repetitive theme, e.g. Going on a Bear Hunt.  Use visual aids/props to support the dance if desired.  Create and develop a dance routine to retell the story and perform and record on video. | Choose appropriate song from a favourite genre, pop star, band etc.  Explore the Just Dance options already accessible online for the song.  Learn and perform the full routine and record on video. |