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Primary Dance Lessons for Physical Education In the Primary School

A sample of the full lesson programme on the following pages

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A programme of Dance for the Primary School  
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## **The Primrose Primary Dance Lessons**

The **Primrose Physical Education Syllabus** includes a series of curriculum units to help provide a long term planning strategy for a programme of dance in the Primary School. This document has proved to be so popular in schools throughout the country that the following series of lessons has been written in response to the many requests for more details of what might be taught during each dance lesson.

The **Primrose Primary Dance Lessons** provide crisp, clear teaching prompts to support the delivery of coherent learning experiences capable of on-the-spot adaptation to the needs of the children. The lesson plans enable the presentation of the lesson to be confident and child focused.

In response to the need for musical stimuli specifically designed for curriculum units a set of six dance tapes (entitled the Dance Programme Tapes) is also available from Primrose Education.

## **Topics**

As the original Primrose PE Syllabus was created by teachers for teachers, the topics chosen are believed to be suitable for the age range stated. However, teachers will always need to assess whether their pupils are ready for any particular challenge.

## **Progression**

Progression from year to year and from lesson to lesson is the goal and it will be evident that some topics and skills need to be understood and acquired before moving on to the next stage. However, you will find that there is room for differentiation in every lesson and all your pupils can and should be catered for.

## **Curriculum Units**

Six, six-lesson, Curriculum Unit Plans are provided to cover your work from Year 1 to Year 6. Based on a selection of Curriculum Units from the Primrose Physical Education Syllabus, these units meet the needs and standards of the National Curriculum 2000. Each unit, whether KS1 or KS2 based, helps guide you through the National Curriculum Programme of study for Physical Education, the Knowledge, skills and understanding and the Breadth of Study for Dance Activities

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## Lessons

The thirty-six lessons (six for each unit of work) are intended as illustrative short term plans which should be elaborated on and turned into a personal presentation by every teacher, matching the work to the needs of the pupil, school and the day. Each lesson whether KS1 or KS2 based gives you an 'at a glance' check list of the ***Knowledge, skills and understanding*** and the ***Breadth of Study for dance activities*** in the relevant Key Stage. Use these to help guide your work in your lesson and to help you monitor the performance of your class as you help them progress through your ***Physical Education Programme of Study***.

When you move on to use the blank planners provided for your own development, you will find these easy to use layouts will help you maintain a progressive, balanced and thorough development of dance in each year of school.

## Music Stimulus

As the non-specialist teacher becomes more confident in their teaching of dance they will be expected to use a wide range of stimuli to encourage their pupils to dance and not to rely solely on taped music. For example pupils can create their own vocal, percussive, musical sounds and record if desired; many suggestions are provided in the lesson plans as appropriate. None the less, prerecorded music will always have an active role in curricular dance and to this end a set of six tapes specifically commissioned and composed to match the six dance curriculum units is available from Primrose Education (*'The Primary Dance Programme Tapes'*).

## Teaching Dance

This series of lessons will enable you to be more confident about your dance, they have proven to be successful in use and have already helped to give many pupils an enjoyment of dance as part of their physical education.

It remains to be seen how much you will need to modify these lessons for your pupils. but at least there are six lessons planned for each age group in the primary school - the rest is up to you!

## **Physical Education Programme of Study for Key Stage 1**

### **Summary**

- During key stage 1 pupils build on their natural enthusiasm for movement, using it to explore and learn about their world. They start to work and play with other pupils in pairs and small groups. By watching, listening and experimenting, they develop their skills in movement and coordination, and enjoy expressing and testing themselves in a variety of situations.

## **Physical Education Programme of Study for Key Stage 2**

### **Summary**

- During key stage 2 pupils enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways, and link them to make actions, phrases and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

### **Assessing attainment**

- The Attainment Target Levels for Physical Education at key stage 1 and key stage 2 are provided on the next page. These Levels provide the basis for making judgements about pupils progress and performance throughout and at the end of each key stage. In making a determination of what level of attainment has been achieved teachers should judge which description best fits performance, with consideration given to the descriptions for adjacent Attainment Levels.