

**OVERALL UNIT LEARNING OBJECTIVES**

In this unit children focus on creating characters and narratives through movement and gesture. They gain inspiration from a range of subjects, and work in pairs and small groups. In doing so a variety of children should think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

**LESSON OBJECTIVE:** Learn the key movements of the DDMIX 1980s dance, demonstrating their dynamics.

**Lesson Plan**

- **Warm up:** DDMIX Warm up
- **Play the 1980s DDMIX music:** Ask the children what you would they associate with the music? Why?
- **Introduction Activity: Signs:** Play the game using different signs with movements that the children choose such as football, being, terms, running, football etc.
- **Main Activity:** Watch the first key DDMIX 1980s movements, are you able to identify the children's signs, identifying the key dynamics through each movement:
  - Punctures
  - Jump
  - Spin
  - Knee Crunches
- Create four stations in the room, each with a partner representing key movements. Divide the children between the stations and give groups two minutes to practice that movement using the music. Rotate until groups have demonstrated all key movements.
- Split the class in half. One half will bring movement to demonstrate to the other half. Repeat with another key movement so that all key movements have been demonstrated.
- **Review:** Children discuss the dynamics of the 1980s and self reflect on which movements that they found easy and movements that could be improved. Reflect on one improvement for next week.
- **Cool down:** DDMIX Warm down

**Differentiation**

- To match easier, explore movements and easy modified movements.
- To match harder, repeat with movements to be busy, creating a short sequence.
- To match harder, add in gestures and facial expressions.

**Feedback & Questions**

- **Which** sign would use these types of movement? (asking)
- **How** many counts are there in each movement? Which movements were hard to fit to the music? Why?
- **How** could you make the puncture sharper? (think sure you fully engage the arms)
- **Which** movement was your group think was the most 'strong'?
- **Which** movements did you notice were easy/harder for the performing groups to figure the beat/lyrics? Do they demonstrate good use of dynamics?

**Learning Points and Success Criteria****1980s dynamics**

- Spontaneous
- Energy filling
- Flow only

**DDMIX 1980s key movements**

- Punctures
- Jump
- Spin

**Resources, Pictures and Music**

- DDMIX Warm up music
- DDMIX 1980s music, e.g. The Time Countdown - Gump, Eye of the Tiger - Survivor
- DDMIX 1980s music
- DDMIX 1980s minute walk
- DDMIX Warm down music