

**Scheme of work**

**Key Stage 2**

**Week 1:**

**Warm up**

Approximately six minutes in length, the tutorial will take students and teachers through a general dance warm up, appropriate for this age group.

**Key Objectives**

* To prepare the students both physically and mentally for the class, connecting body and mind.
* Prevent injury and encourage the learner to always warm up before any physical activity.
* Help the students lose any inhibitions, making sure they are in the correct frame of mind for active learning.
* To help sharpen the sense of special awareness.

**Main lesson Part 1 – ‘Street Dance – Essentials’**

Approximately 10 minutes in length, the tutorial will break down and teach the students 2 essential moves that are commonly found within this style of choreography.

***Moves: ‘Heel Flicks’ & ‘Heel Digs’***

**Main lesson Part 2 – Routine**

Approximately 17 minutes in length. Parts of the dance routine will be broken down into small sections with teaching guidance explaining how to master all the steps.

**Key Objectives**

* **Balance** – Getting familiar with shifting weight from one foot to another at speed.
* **Coordination** – Strengthening the connection between mind and body
* **Spatial awareness** – Encouraging the students to be mindful of both their own and neighbors positioning/movements.
* **Rhythmic teamwork** – Working together to find a group rhythm with and without the aid of music.
* **Agility** – to begin to master quick and graceful movements.

**Cool down**

Approximately six minutes in length, the tutorial will take students and teachers through a cool down.

**Key Objectives**

* Decrease the body temperature safely.
* Improve the range of movement and flexibility of the student.
* Help remobilise joints.
* Ease the release of built up lactic acid that occurs after exercise.
* Highlight the importance of looking after our bodies and preventing injury after physical activity.

**Resources**

* White board and laptop needed.
* Music: ‘Another Dimension’.

**Learning outcome**

An introduction to improved co-ordination through the use of fun and simple movement patterns.

Web: [www.razzamataz.co.uk](http://www.razzamataz.co.uk)

Head Office: 01228 550129

Twitter: <http://twitter.com/razzschools>

FB: <http://www.facebook.com/RTSLtd>