

Lesson plan “Dance”

Basic information:

This is a plan for two double periods (appr. 2 x 90 minutes) for pupils in Year 8 (13 to 14 years old). Our curriculum does not include the topic “dance” – this way our pupils (especially the boys) are a bit shy concerning dancing and presenting a dance in public or rather in front of their peers. The basic start will be to watch dance videos and to think about how the steps look like. The next step is to learn the steps shown in the videos, which they will also have to teach to the other groups. This means that there are two big groups (a modern dance group and a traditional dance group) and these groups will be split into smaller groups of 3 or 4. Although these lessons are set for two periods á 90 minutes, the pupils will only have 75 minutes of “real” lesson time as they need to change before and after class (all together 15 minutes)

Goal:

The main goal of this short sequence is on the one hand to gain knowledge about dances (some steps) and to teach them to another group. On the other hand, the goal is to become active and practically learn the dances.

Room and material:

This sequence should be held in the gym as the pupils need space to move around. The theoretical part can be worked on on the floor or on the benches. They need to bring a pen and paper. The teacher supplies the group with the video material to learn the steps (or in the case of hip hop dancing a few steps) of the two dances as well as the music needed.

Laptops and videos:

Rheinländer:

<https://www.youtube.com/watch?v=sCuUx1oYAdU>

<https://www.youtube.com/watch?v=uQfx5YscpMw>

Hip Hop dance moves:

<https://www.edugroup.at/medien/detail/lerne-die-grundschritte-des-hip-hop.html>

Lesson plan for the first double period (90 minutes):

Phase	Action	Room/ Media
Beginning phase (8 minutes)	The teacher writes the word DANCE on the board – as a silent impulse. The pupils say things or terms they connect with DANCE (e.g. ballroom dancing, modern dance, choreography etc.). They	Gym Flipboard chart/ movable board

	<p>come to the board and write down their ideas themselves. Some might also mention certain dances and maybe steps they can show the class.</p>	
<p>Group phase I (7 minutes)</p>	<p>The teacher divides the class into two big groups: traditional dance and modern dance. Each group is split into smaller groups. Then the teacher explains the following work steps.</p>	<p>pen and paper</p>
<p>Group phase II (60 minutes)</p>	<p>Each group has got a laptop or a tablet with the dance moves they have to prepare. They watch the videos and the hip hop group decides which moves they would like to teach the others. Whereas the traditional dance groups focus on the steps that are necessary to dance the Rheinländer.</p>	<p>laptop/ tablet</p>
<p>Presentation phase (20 minutes)</p>	<p>The pupils briefly introduce their focus: modern or traditional dance. Afterwards each group (3 to 4 pupils) presents their ideas. It will be obvious that the traditional dance group has to stick with certain dance steps that all belong to the Rheinländer dance, whereas the modern dance groups are able to choose certain steps and moves. Each group presents their dance. After the presentation phase the groups will be mixed: two from the modern and two from the traditional dance group.</p>	<p>music notes</p>
<p>Teaching phase (35 minutes)</p>	<p>In the following phase, the so-called "teaching phase" the pupils teach each other the different dances or</p>	<p>music notes</p>

	rather dance moves in combination with the music chosen. This unit will take more time as they have to learn and to teacher at the same time.	
2nd Presentation phase (15 minutes)	In this phase, all the results will be presented. This means that each group first presents their modern dance choreography. After all the modern dance choreographies, the whole class will dance the traditional dance – the Rheinländer – together.	music
Evaluation phase (5-10 minutes)	It is important for pupils to learn to evaluate what they've learned: content-wise and method-wise. To do so they are asked to take a piece of paper and a pen and to write down what they think about learning these two dance varieties and about the method: a shortened variety of a <i>group puzzle</i> . In the last few minutes the group is asked to discuss their opinions – on the one hand to learn to give their own opinion. On the other hand for the teacher to learn how to optimise the lessons for the next time.	notes