

Year 6 PE – WW2 Swing Dance

Lesson 3 - Video: https://ashfieldjun-my.sharepoint.com/:v:/g/personal/jpears_ashfield-jun_cumbria_sch_uk/EV-bowYF4EpChdMUh06Sf8oBWdno_8GK7tIL82iGfhAiHQ?e=p0tZDN

Starter: Dance the *Cha Cha Slide* by following the video: <https://www.youtube.com/watch?v=l1gMUbEAUFw> this will engage your body, brain and rhythm for today's PE lesson. It is also fun 😊

Skills: Today we are going to use Merce Cunningham's methods of creating choreography and it's all through chance. Watch the Merce Cunningham documentary to find out more about him- https://www.youtube.com/watch?v=xJeum_kxSV8&feature=emb_logo

Task: You will need a piece of paper, a felt pen and a dice (online: <https://www.online-stopwatch.com/chance-games/roll-a-dice/full-screen/>). Your task today is to create your own choreography to some swing dance music using Cunningham's method of chance.

First roll the dice 4 times and write down the numbers you roll in order then match it with the action.

- 1 = **Travel** (stepping, rock step, triple step, grapevine, boogie back, kick ball change etc.)
- 2 = **Jump** (frog jump, tuck, straddle, leap, spring, bounce, etc.)
- 3 = **Turn** (spin, pivot, pirouette, etc.)
- 4 = **Balance** (pause, freeze, stop, hold, suspend, etc)
- 5 = **Gesture** (leg/arm/hand/head gesture)
- 6 = Roll again

Now roll the dice 4 more times and match these with your actions.

- 1 = **Direction** (forwards, backwards, sideward, up and down, etc.)
- 2 = **Pathway** (on the floor, up in the air, circular, straight, etc.)
- 3 = **Level** (low, medium, high)
- 4 = **Size** (large or small)
- 5 = **Contact** (on your own or with partner)
- 6 = **Speed** (fast or slow)

Your first number should tell you the action and the second number how to perform it. You must perform the four actions to a beat of 8 so you end up with a 32-beat sequence. Then add it to your original swing routine and perform it all together.

Reflection Question: In your home learning book answer these questions:

1. Have you created a movement sequence?
2. What do you like about it?
3. What would you change or already have changed to make it better?