

Year 6 PE – WW2 Swing Dance

Lesson 4 - Video: https://ashfieldjun-my.sharepoint.com/:v:/g/personal/ipears_ashfield-jun_cumbria_sch_uk/ET1K9ZLmOv9GmlpkbZ22askBKUBFZ62z7nH3xBuBRL0srQ?e=EyhDPJ

Starter: Dance to this video <https://www.youtube.com/watch?v=rpOMTJO0pQs> this will engage your body, brain and rhythm for today's PE lesson. It is also fun 😊

Skills: Watch the video example of swing dance - you may need to see it a few times.

Task: You need a piece of paper and a pen. Record in picture form or write out some of the movements you see. Pick 4 movements you would like to have a go at. Practice each of the 4 movements until they can be performed. 8 counts each and decide on an order for them. Also decide a start and finish for the whole routine. You can perform these on your own or with anyone in your household.

Extra Challenge: Add these to your original and 'chance' routine from last week.

Record the routine so you can watch it back for the last part of the lesson.

Music selection: <https://www.youtube.com/watch?v=qldmZYw3-g0>

Reflection Questions: Fill out the self-assessment form below for your routine.

Name of performers: _____	Tick if yes	How I did this:
Does the dance piece have a clear starting point?		
Do the sequences link together well?		
Does my routine show dynamics of swing dance movement? <small>*Dynamics are how the body is moving and this relates to speed, energy and flow of movement. ... Dynamics add texture, colour, interest and variety to a dance and can help to show the dance idea, the mood or the atmosphere of a dance more clearly.</small>		
Did the routine include bars of 8 for each sequence of movement?		
Have you included any of the following movements: grapevine, rock step, triple step, boogie backs/forwards, frog jumps, kick ball change?		
Do we have a finish point?		

What did I do well?

What is the best thing that I could do to improve my routine?
