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| Week beginning | Focus |
| 19/8 | Standards & Expectations  Set warm-up  Introduction to **Contemporary Dance** – Posture and alignment, Turnout and Parallel, Roll down exercises, Floor exercises, Swing sequences, Plies  **Theory 1 –** key characteristics of Contemporary dance including quality of movement, performance style, posture and alignment, music and sound, theatre arts |
| 26/8 | **Contemporary**- Floor exercises, Swing sequences, Plies, Tendu & Glisse, Preparation for Jumps, Swing to stand, Travelling through space  **Assessment of technical skills**  **Theory 2 –** principles and technical requirements of Contemporary dance including style-specific steps, posture and alignment, centre and balance, use of turnout and parallel, use of control, flexibility, stamina, strength, power and co-ordination |
| 2/9 | Start to teach set Contemporary dance.  **Theory 3**- performance skills of Contemporary including timing, musicality, quality, dynamics, spatial awareness, self-expression, projection, concentration, focus and sense of performance in relation to self, others and performance style |
| 9/9 | Continue to teach Contemporary dance. **Self/peer assessment tasks**.  **Theory 4-** history of contemporary dance and the influences of various factors on the developments a selected dance including origin; historical developments; race; gender; social and cultural factors; and influential choreographers, companies and their work |
| 16/9 | **Jazz-** Reaches and Roll downs**,** Isolations**,** Tendue, Glissee and Kicks  **Theory 5 –** key characteristics of Jazz dance including quality of movement, performance style, posture and alignment, music and sound, theatre arts |
| 23/9 | **Jazz**- Travelling, Hops, Leaps, Pirouettes, Turns, Pas De Bouree  Assessment of technical skills  **Theory 6 –** principles and technical requirements of Jazz dance including style-specific steps, posture and alignment, centre and balance, use of turnout and parallel, use of control, flexibility, stamina, strength, power and co-ordination |
| 30/9 | Start to teach set Jazz dance.  **Theory 7**- performance skills of Jazz including timing, musicality, quality, dynamics, spatial awareness, self-expression, projection, concentration, focus and sense of performance in relation to self, others and performance style |
| 7/10 | Continue to teach Jazz dance. Self/peer assessment homework task.  **Theory 8-** history of contemporary dance and the influences of various factors on the developments a selected dance including origin; historical developments; race; gender; social and cultural factors; and influential choreographers, companies and their work |
| 21/10 | Set dances warm-up  Introduction to **Choreography**, six dance actions and choreographic devices  Complete logbook |
| 28/10 | Set dances warm-up  **Choreography**  Use of stimulus (visual, written and audio), floor space, structure  Complete logbook  **Theory lesson 9 – Evaluation of professional choreography – theme, stimulus, motif and selected movements** |
| 4/11 | Set dances warm-up  Continue with choreography tasks, discuss theatre arts. Complete logbook.  Homework task (mind map)- research theme, stimulus, space, devices, music etc for final choreography piece  **Theory lesson 10 – Evaluation of professional choreography – spatial elements, structure, devices** |
| 11/11 | Set dances warm-up  Create motifs for chosen choreography theme- feedback from teacher  Complete logbook  **Theory lesson 11 – Evaluation of professional choreography – music/sound, theartre arts including lighting, set, props, make-up, costume** |
| 18/11 | Set dances warm-up  Create motifs for chosen choreography theme- feedback from teacher  Complete logbook  **Theory lesson 12 – Evaluation of professional choreography – impact of choreography, effect, mood and atmosphere created** |
| 25/11 | Set dances warm-up  Create motifs for chosen choreography theme- feedback from teacher  Complete logbook |
| 2/12 | Set dances warm-up  Create motifs for chosen choreography theme- feedback from teacher  Complete logbook |
| 9/12 | Set dances warm-up  At least one minute 30 seconds of choreography taught to dancers and presented to teacher  Complete logbook |
| 16/12 | Set dances warm-up  At least one minute of choreography taught to dancers and presented to teacher  Homework over Christmas- practice set dances and finish choreography (2-3 minutes) |
| 8/1 | Set dances warm-up  Teach the finished piece of choreography  Complete logbook  **Theory lesson 13- Choreography review Question 1a)** |
| 13/1 | Set dances warm-up  Teach the finished piece of choreography  Complete logbook  **Theory lesson 14- Choreography review Question 1 b) c)** |
| 20/1 | Set dances warm-up  Teach the finished piece of choreography  **Theory lesson 15- Choreography review Question 2a) b)** |
| 27/1 | Set dances warm-up  Teach the finished piece of choreography  **Theory lesson 16- Choreography review Question 3** |
| 3/2 | Set dances warm-up  Teach the finished piece of choreography  **Theory lesson 17- preparation for prelim paper. Hand in completed choreography review** |
| 17/2 | Prelim week  Practical- Present two set dances and full choreography  Theory- Written exam paper |
| 24/2 | Prelim feedback  Focus: set dance development needs, make choreography adaptations |
| 3/3 | Set dance focus, refine all technical skills  Choreography  **Theory 18- exam preparation** |
| 10/3 | Practical- exam preparation  **Theory 19- exam preparation** |
| 17/3 | Practical- exam preparation  **Theory 20- exam preparation** |
| 24/3 | SQA practical examination |
| 14/4 | Theory exam preparation |
| 21/4 | Theory exam preparation |