

NPA Dance Timeline 24-25

Week beginning	Lesson 1	Lesson 2	Lesson 3
12 th August	In-Service	In-Service	Contemporary Warm up Routine -placement of spine -use of core muscles -plies -rolls -swings -floor to standing
19 th August	Warm up Outcome 1a) Posture and Alignment Know your Worth	Warm Up Outcome 1b) Parallel and Turnout Too Good	Warm Up Outcome 1c) Floor work
26 th August	Outcome 1 final practice	*Outcome 1 video assessment* Record; Outcome 1a)-1c)	Warm up Outcome 2a) Swing Sequence
2 nd September	Warm up Outcome 2b) Travelling Sequence	Outcome 2 final practice	*Outcome 2 video assessment* Record; Warm up Outcome 2a) 2b)
9 th September	Set Dance (Outcome 3) Grace	Set Dance (Outcome 3) Grace	Set Dance (Outcome 3) Grace

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16 th September	Set Dance (Outcome 3) Grace	Set Dance (Outcome 3) Grace	*Outcome 3 video assessment*
23 rd September	Develop contemporary dance into group routine	Develop contemporary dance into group routine *Collect Outcome 4 Essay*	Holiday
30 th September	Holiday	Hip Hop Show Routine	Hip Hop Show Routine
7 th October	Rehearse and record show routines	Rehearse and record show routines	1st Interim Report Due (Contemporary unit)
14 th October	Holiday	Holiday	Holiday
21 st October	Learn Jazz warm up -stamina -strength -flexibility	Warm up Outcome 1a)	Warm up Outcome 1b)
28 th October	Warm up Outcome 1c) Isolations	Jazz outcome 1 final practice	*Outcome 1 video assessment* Record; Outcome 1a)-1c)
4 th November	Warm up Outcome 2a) Pencil turns Open turns Jazz turns	Warm up Outcome 2b) Jazz walks Runs Pas de bouree Skips Change of direction	Jazz outcome 2 final practice

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11 th November	*Outcome 2 video assessment* Record; Warm up Outcome 2a)-2b)	Set Dance (Outcome 3) Kill the Lights	Set Dance (Outcome 3) Kill the Lights
18 th November	Set Dance (Outcome 3) Kill the Lights	Set Dance (Outcome 3) Kill the Lights	*Outcome 3 video assessment*
25 th November	Bob Fosse Study	Bob Fosse Study	*Outcome 4 essay due*
2 nd December	Social Dance	Social Dance	Social Dance
9 th December	Show rehearsals	Show rehearsals	Show rehearsals
16 th December	Show rehearsals	DANCE SHOW	
6 th January	Choreography Dance Actions workshop *Outcome 1*	Choreography Workshop 2- Anger management (picture)	Choreography Workshop 3- Water (sound)
13 th January	Choreography (self) Choice between elements	Choreography (self)	Choreography (self)
20 th January	Choreography (self)	Choreography (self)	*Outcome 2 video assessment* Study 1
27 th January	Choreography (other)	Choreography (other)	Choreography (other)
3 rd February	Choreography (other)	Choreography (other)	Choreography (other)
10 th February	Choreography (other)	Choreography (other)	Choreography (other)
17 th February	Holiday	Choreography (other)	*Outcome 2 video assessment* Study 2
24 th February	Assessment Mop up	Assessment Mop up	Full report Due (Full NPA pass/fail)

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3 rd March	Technique Development (learning of technical skills)	Technique Development (learning of technical skills)	Technique Development (learning of technical skills)
10 th March	Evaluating performance skills	Evaluating performance skills	Evaluating performance skills
17 th March	Peer/Self Evaluation	Peer/Self Evaluation	Peer/Self Evaluation
24 th March	S2 Event Planning	S2 Event Planning	S2 Event Planning
31 st March	Event Preparation	Event Preparation	S2 Options Leadership Day
21 st April	Choreography (S4) Group work	Choreography (S4) Group work	Choreography (S4) Group work
28 th April	Research and structure Lesson	Devices Lesson	Spatial Elements Lesson
5 th May	Holiday	Choreography (S4) Group work	2nd Interim Report Due
12 th May	Choreography (S4) Group work	Choreography (S4) Group work	Choreography (S4) Group work
19 th May	Choreography (S4) Group work	Choreography (S4) Group work	Holiday
26 th May	Holiday	Choreography (S4) Group work	Choreography (S4) Group work
2 nd June	Choreography (S4) Group work	*Choreography Assessment*	Swansong
9 th June	Choreography (S4) Group work	*Choreography Assessment*	Swansong