



PEPASS

Physical Education
Physical Activity
School Sport

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Scottish Country Dance Teachers Resource

*With adaptations for current
COVID regulations*

Slide 2

Video message from the Royal Scottish Country Dance Society
(Glasgow Branch) - Fiona MacDonald (click below)




rscds
Dance Scottish

<https://www.rscds.org>


Slide 3. Contents Page

1	Scottish Country Dance Resource	Many thanks go to Andrea Robertson (PELO), Kay Hamilton (DDO), Bethany Donaghy (MA), Amber Carswell (MA) and Fiona MacDonald (RSCDS)						
2	Video clip	Message from Royal Scottish Country dance Society						
3	Contents Page							
4 & 5	Video clips: Steps /Formations For dances and warm up	<table border="0"> <tr> <td>1. Slip Step</td> <td>4. Skip Change of Step</td> </tr> <tr> <td>2. Heel Toe Step</td> <td>5. Stepping Up/Down</td> </tr> <tr> <td>3. Pas de Basque</td> <td>6. Casting Off</td> </tr> </table> <p>Thanks to our Modern apprentice Bethany for demonstrating the steps.</p>	1. Slip Step	4. Skip Change of Step	2. Heel Toe Step	5. Stepping Up/Down	3. Pas de Basque	6. Casting Off
1. Slip Step	4. Skip Change of Step							
2. Heel Toe Step	5. Stepping Up/Down							
3. Pas de Basque	6. Casting Off							
6	Warm up	Get Ready with Kay						
7	Charlestown Chaser	https://youtu.be/9NEFl1of1c0						
8	The Waratah Weaver	https://youtu.be/mFtBdgM-aoM						
9	The Flying Scotsman	https://youtu.be/8_0R8wmdfh8						
10	Virginia Reel	https://youtu.be/3rHUhZDlstI						
11	A Reel for Jeanne	https://youtu.be/LISIdv0uMLM						
12a/b	My Burns Jig	A selection of Scottish music can be found on RSCDS website https://www.rscds.org/learn/music-resources/teaching-tracks/unit-2-prescribed-dances						
13	Planning Exemplar							

Play our videos in slide show mode and the video will play full screen.



Music Links are live only in slide show mode



Acknowledgements:
RSCDS Music.
Keith Rose Crib Diagrams.
MINICRIB. Dance crib compiled by Charles Upton, Deeside Caledonian Society, and his successors.

Slide 4.

Scottish Country Dance Technique with
modern apprentice Bethany Donaghy



1. Slip Step



2. Heel Toe Step



3. Pas de Basque

Slide 5.

Scottish Country Technique with
modern apprentice Bethany Donaghy



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5. Stepping Up



4. Skip Change of Step



6. Casting Off



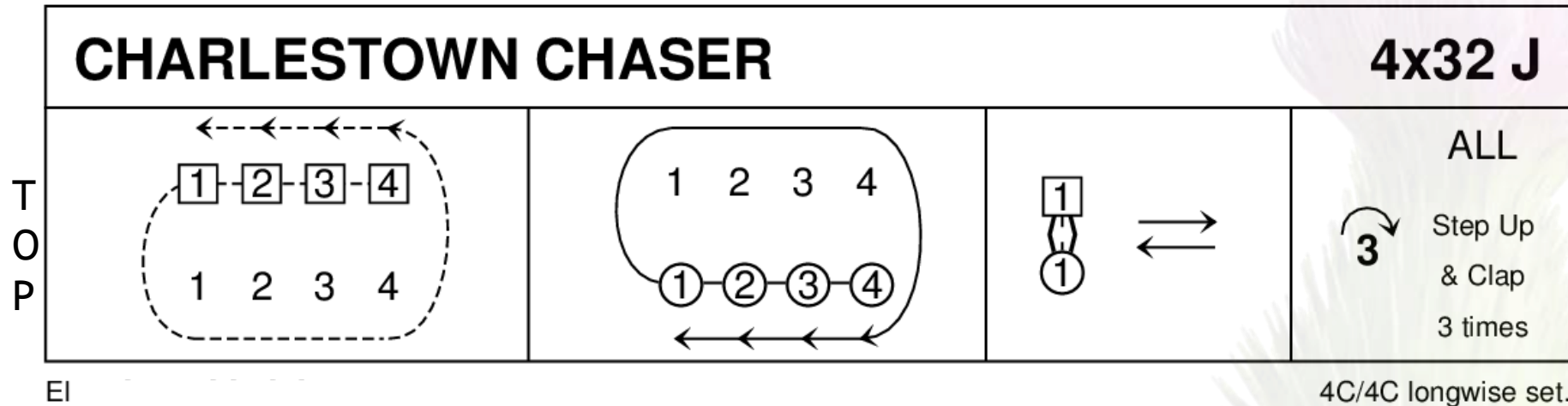
Slide 6. Warm Up

Kay our Dance Development Officer will take you through a warm up.

Play the warm-up video in slide show mode and the video will play full screen.



Slide 7



3 cast off to 4th place

T_R Turn around partner
R = right
L = left
B = both facing

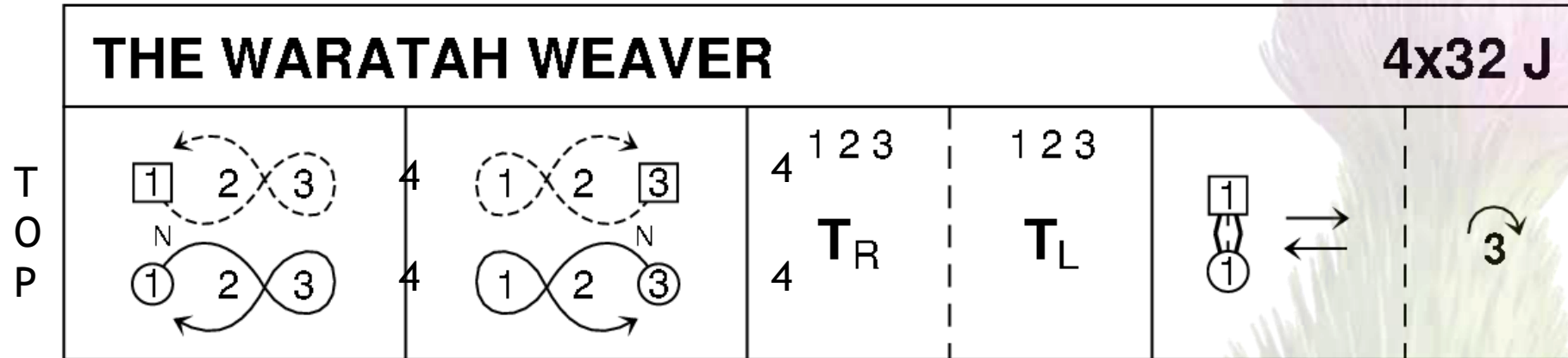
D Dos -a dos

Adapted Version

- 1- 8 1L followed by 2L+3L+4L cross and dance down behind Men, cross and dance up to places
- 9-16 Men repeat above figure
- 17-24 1's slip step down middle back to top (in middle)
- 25-32 1's cast off to below 4's, all step up and clap 3 times



Slide 8



Elma See, RSCDS Graded Book 2.4

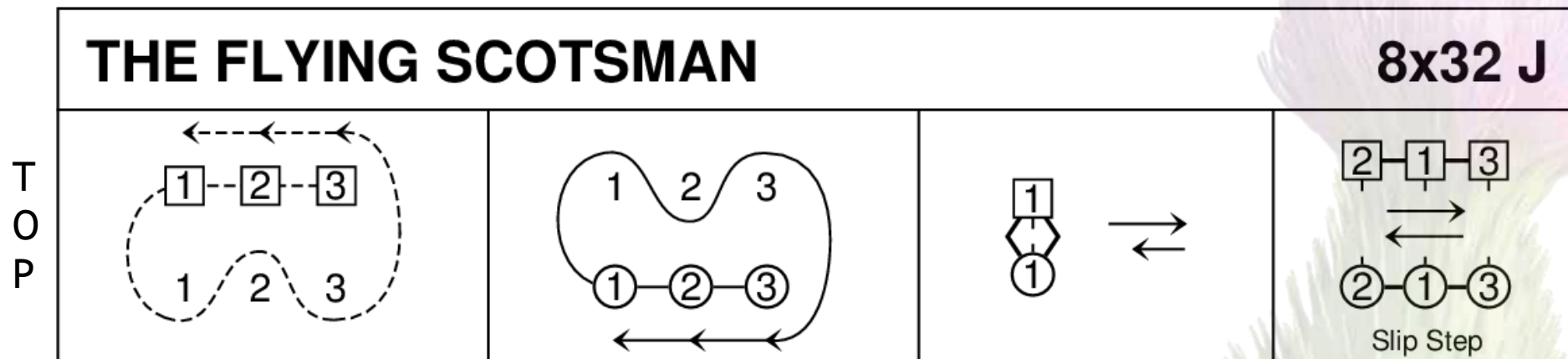
4C/4C longwise set.

Adapted version

- 1- 8 1's dance Figs of 8 on own sides
(dancing in and down to start)
- 9-16 3's dance Figs of 8 on own sides
(dancing in and up to start)
- 17-24 1's+2's+3's dance around own partner R shoulder passing, back to place
1's+2's+3's dance around own partner L shoulder passing, back to place
- 25-32 1's facing each other, slip step down for 4 steps and back up to top,
1's cast of outside to bottom as 2's+3's+4's step up



Slide 9



TOP

3C/4C longwise set.

Adapted version

- 1-8** 1L followed by 2L 3L 4L cross, cast behind 1M, cross below 4M and dance up to places;
- 9-16** 1M, 2M, 3M, 4M repeat bars 1-8 around L side, all finishing in places;
- 17-20** 1s face each other and slip down the middle;
- 21-24** 1s slip up to finish in 4th place;
- 25-32** 2s+3s+4s+1s stay in line and slip down the space and back to place.



Slide 10

		VIRGINIA REEL		4x40 R	
TOP	1 2 3 4	ALL	ALL		
	↑ ↓	T_R T_L	T_B D		

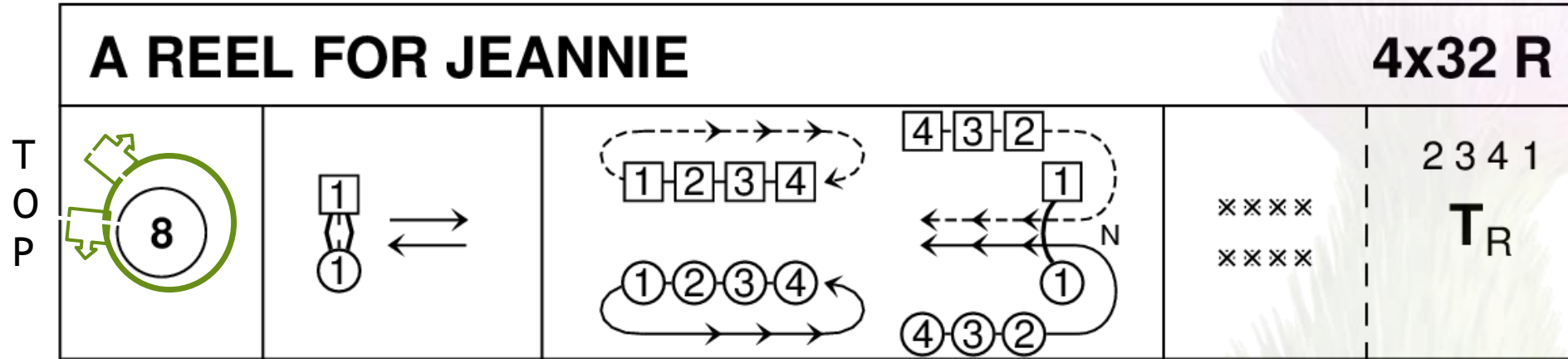
4C/4C longwise set.

Adapted version

- 1-4 All advance and retire double clap on 4th beat
- 5-8 repeat bars 1-4;
- 9-12 All turn around partner by the right shoulder;
- 13-16 All turn around partner by the left shoulder;
- 17-20 All circle partner facing each other;
- 21-24 All dos-à-dos with partner back to back;
- 25-32 1's slip down the centre and back facing partner;
- 33-36 1's followed by 2's+3's+4's cast to 4th place and make an arch (hands apart)
- 37-40 2's followed by 3's 4's, lead up under the arch to finish 2's 3's 4's 1's.



Slide 11



4C/4C longwise set.

Adapted version

- 1- 8 1's skip change of step around the outside of the circle in opposite directions and back to place
- 9-16 1's facing each other slip step down the middle and back
- 17-24 1's followed by 2's+3's+4's cast to 4th place and make an arch (hands apart)
2's followed by 3's+4's, lead up under the arch to finish 2's 3's 4's 1's.
- 25-32 2's+3's+4's+1's clap 8 times and turn around partner once





Slide 12a My Robert Burns Jig

Find a space where you have room to move forward, to the side and in a circle.

First, in your group try the Scottish Country Dance steps in slides 3 - 8 practice them one at a time, for 16 counts each.

- 1. Slip step** - sidestep in a circle for 8 counts and back for 8 counts to bring you back to where you started.
- 2. Heel toe** - touch the floor with your right heel then right toes x 2, walk forward, right, left, right then turn back to face where you have come from.
Repeat with left foot - heel, toe, heel, toe, walk, 2, 3, turn.
- 3. Pas de Basque** - step to the right on your right foot and dig with the left then change weight to right foot. Repeat to the left bringing you back to your starting position x 2.
- 4. Skip change of step** - gallop forward for two counts right foot leading, change to left foot leading do this 4 times.
If you can, try to make a figure of 8 pattern.
- 5. Stepping Up** - Feet in 1st position, rise onto toes, step one step up in line of dance close your heels as you step feet together and lower to the floor.

- 6. Cast Off** - Turn away from partner to face top of dance, lead away from partner and dance down the outside of the set to the bottom.



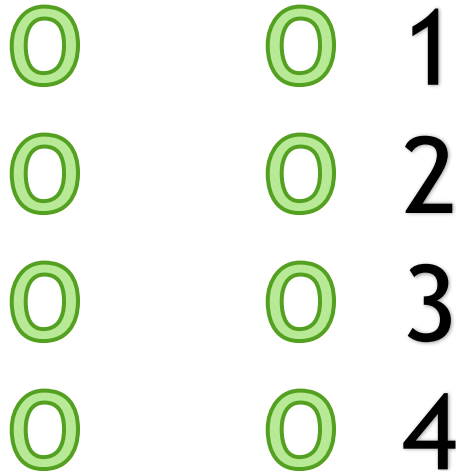
Music

Any 32 bar Jig Scottish country dance
Cotton Eye Joe by Rednex.



Top of Set

Couple



Creative dance

Each couple 1 - 4 chooses one step from the previous list, to be in their dance, this will give the group 4 steps to work with.

Each step should be danced for 16 counts

The group should decide which order the steps will be danced in; try different orders to see what works best for the steps that have been chosen.

Being familiar with the given dances in the pack will give the pupils a dance vocabulary that they can apply to their own dances.

The group must start and finish in the set formation shown. This will allow the dance to be repeated as often as required to fit the music choice.

Pupils may like to give their dance a name and perform for others.

Music

Any 32 bar Jig Scottish country dance, Cotton Eye Joe by Rednex or similar. The pupils could choose their music from a selection if desired.

Slide 13 Exemplar Planning Sheet

Experience & Outcome	Learning Intentions Suggestion	Success Criteria Suggestions	Learner Experience	Assessment Say, write, make & do	Evaluation
<p>PE Movement skills, competencies and concepts</p> <p>I am developing skills and techniques and improving my level of performance and fitness. HWB 1-22a</p>	<p>Scottish Country Dancing</p> <p>Individually learn steps, patterns and formations which form the basis of Scottish Country Dance</p> <p>Work well with others to practice and learn different SCD steps</p>	<p>Work on my own, with a partner or group to develop a variety of steps, patterns and formations.</p> <p>Work with others in sets of 3 or 4 couples.</p> <p>In small groups show a selection of SCD steps</p> <p>Linking a selection of steps together to create a sequence of actions</p> <p>Performing a selection of set dances with rhythm, timing control and fluency</p> <p>Creating a short section of SCD with others in my group using a variety of steps, pattern and formations.</p> <p>Develop a SCD; Start and finish in the same set formation. See repetition of the same steps and patterns.</p>	<p>Scottish Country Dance Teachers Resource:</p> <p>Steps and patterns</p> <ul style="list-style-type: none"> • Skip change of step • Slip Step • Casting off • Heel toe • Pas de Basque • Stepping up <p>Set dances</p> <ul style="list-style-type: none"> • Charlestown Chaser • Waratah Weaver • The Flying Scotsman • Virginia Reel • Reel for Jeannie <p>My Burns Jig: Creative opportunity</p>	<p>Sharing learning intentions</p> <p>Open Question</p> <p>Thumbs up - no hands</p> <p>Self assessment</p> <p>Peer assessment</p> <p>2 stars & wish</p> <p>Share the bigger picture</p> <p>Next steps</p> <p>Task observation</p> <p>Record of improvement</p>	
<p>Suggested Learning (SAL's)</p> <p>Rhythm and Timing</p> <p>Creativity</p> <p>Respect and Tolerance</p>	<p>Interacting on a social level with peers to apply specific steps and patterns</p> <p>Use music or percussion to develop the timing of the steps.</p>			<p>Suggested Benchmarks</p> <p>Demonstrates how to use repeated patterns of movement to create simple sequences, for example, one foot to two feet jumping.</p> <p>Demonstrates flair, originality, and imagination when performing.</p> <p>Demonstrates how to include others when completing movement tasks.</p>	
<p>Expressive Arts Dance</p> <p>I am becoming aware of different features of dance and can practice and perform steps, formations and short dance. EXA 1-10a</p>	<p>Help create a performance with others to share across social media</p> <p>Develop a lifetime skill which can be built upon and applied in a variety of context</p>			<p>Understands some of the different forms of dance, for example, Scottish, Irish, Bollywood, tap, ballet, jazz, hip hop and ballroom.</p> <p>Demonstrates understanding of simple formations, such as circles or squares, through taking in part in group dance.</p>	

This is an example of how we can plan through the E's & O's to meet the needs of our pupils and achieve the desired outcomes.

We have used Scottish country dance as the context for learning to achieve our outcomes in two different areas of the curriculum; either dance or PE

The benchmarks are suggested and can be changed to suit the needs of the pupils.