



DANCE & GYMNASTICS CURRICULUM MAP

FURTHER STUDY

Each year there is the opportunity for pupils to use and develop their skills to compete in the Sussex School Sports Acrobatics Competition. Additionally pupils can participate and perform in the Schools 'Time to Dance' showcase.

CAREER PATHS

- Performing Arts careers
- Dance Teacher
- PE Teacher

SKILLS

- Communication
- Organisation
- Problem solving
- Leadership
- Performance skills
- Feedback

INTEREST

We will enhance their lives in and beyond the classroom.

Pupils form their dance using ideas from Swansong to create gestures and motifs.

The following skills will be demonstrated through sport acro routines and vaulting.

- Balance (static and/or dynamic)
- Rotation, turning and weight transference
- Gestures and motifs
- Jumps and elevation

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- Gestures and motifs

- Rotation, turning and weight transference
- Balance (static and/or dynamic)
- Travel, locomotion, stepping and pathways

The following skills and choregraphical devices will be demonstrated through Swansong.

YEAR 9

Pupils improve their performance skills and ability to give feedback.

Pupils will create a section of the dance using their own ideas to create gestures and motifs that are suitable for the topic.

The following skills will be demonstrated through group gymnastic routines.

- Flight, Balance, Travel
- Turns - cartwheel, round-off, forward or backward walkovers, handsprings, back flip.
- Linking moves and use of apparatus

- Jumps and elevation
- Travel, locomotion, stepping and pathways
- Rotation, turning and weight transference

The following skills and choregraphical devices will be demonstrated through the War dance.

YEAR 8

Pupils develop their performance skills and ability to give feedback.

Pupils will gain an appreciation and understanding of some of the characteristics of Indian culture.

The following skills will be demonstrated through individual gymnastic routines.

- Travel - backwards, forwards, others
- Balance - Handstand, Headstand, Arabesque, others
- Flight - tuck, pike, straddle, straight, 180 turn, others

Baseline Testing

- Travel, locomotion, stepping and pathways
- Balance (static and/or dynamic)
- Gestures and motifs

The following skills and choregraphical devices will be demonstrated through the Bhangra and Bollywood dances.

YEAR 7

