

**Dance Notes** lesson plans

# Key Stage 2

## The Romans



by Justine Cavanhan

Dance

Key Stage 2

## Lesson Plan for Key Stage 2 Dance

### Project Aim:

- Explore the theme of Roman soldiers
- Practice different ways of moving using spatial patterns and dynamics
- Experiment with basic body shapes
- Develop and practice group dances
- Develop movement vocabulary

### Dance Units 1 and 2 learning objectives included:

- Acquiring and Developing Skills
- Selecting and Applying Skills, Tactics and Compositional Ideas
- Knowledge and Understanding of Fitness and Health
- Evaluating and Improving Performance

### 'Romans' 6-Week Lesson Plan Contents:

Week 1:	'The Roman Soldier'
Week 2:	'High and Low'
Week 3:	'Fast and Slow'
Week 4:	'Linking Movements'
Week 5:	'Strength and Formation'
Week 6:	'Perform and Review'

### Dance Notes CD Tracks Used (*click on links below to audition*)

♪ [Volume 3 Track 3 "Arthur's Feast"](#)

To order CDs: please [click here](#)

## Week 1: The Roman Soldier

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

### Starter

Look at video clips (See 'Resource' page): discuss movements of Roman soldiers

### Warm up

Body warm-up  
Follow my leader

### Main

♪ *Volume 3 Track 3 "Arthur's Feast"*

**A** Develop four movements:

- march
- turn
- fight
- protect

**B** Working in pairs, children use the four movements to create a short phrase portraying a Roman soldier.

*Have a clear beginning and ending movement*

**C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

### Cool Down

Follow my leader

### Key Vocabulary:

*March, turn, fight, protect*

**Week 2: High & Low**

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

**Warm up**

Body warm-up  
Follow my leader, focusing on high/low

**Main**      ♪ *Volume 3 Track 3 "Arthur's Feast"*

- A** Review march, turn, fight, protect movements from lesson 1  
Consider how to incorporate high and low into these movements.
- B** Working in pairs, children use the four movements to create a short phrase  
portraying a Roman soldier, incorporating high and low movements.

*Have a clear beginning and ending movement*

- C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

**Cool Down**

Follow my leader

**Key Vocabulary:**

*March, turn, fight, protect, high, low*

## Week 3: Fast & Slow

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

### Warm up

Body warm-up  
Follow my leader, focusing on fast/slow

### Main

♪ *Volume 3 Track 3 "Arthur's Feast"*

- A** Review march, turn, fight, protect movements from lesson 2  
Consider which movements could be made fast or slow.
- B** Working in pairs, children use the four movements to create a short phrase portraying a Roman soldier, incorporating fast and slow movements.

*Have a clear beginning and ending movement*

- C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

### Cool Down

Follow my leader

### Key Vocabulary:

*March, turn, fight, protect, high, low, fast, slow*

## Week 4: Linking Movements

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

### Warm up

Body warm-up  
Follow my leader, focusing on high/low, fast/slow

### Main

♪ *Volume 3 Track 3 "Arthur's Feast"*

**A** Children join into groups of 4 and investigate the four movements in a bigger group. What new positions/shapes can they now create?

**B** Working in fours, children teach their original phrases to each other to create a longer dance.

*Focus on linking the two routines together smoothly*

*Think about positions, levels and speed*

*Have a clear beginning and ending movement*

**C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

### Cool Down

Follow my leader

### Key Vocabulary:

*March, turn, fight, protect, high, low, fast, slow, link*

## Week 5: Strength & Formation

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

### Starter

Review video clips of Roman soldiers, focussing on the battle formations

### Warm up

Body warm-up

Follow my leader, focusing on strong/weak

### Main

♪ Volume 3 Track 3 "Arthur's Feast"

**A** Working in groups of 4, children investigate making formation shapes -

- pointed, triangular, sharp for the 'wedge' and
- rectangular, straight, covered for the 'tortoise'

**B** Working in their fours, children add a formation movement to finish their phrase.

*Focus on strong linking movement - use of bodies and space, levels*

*That Roman soldiers are dependent on each other should reflect in the formation*

*Have a clear beginning and ending movement*

**C** Perform and review.

Children identify:

- 1 thing that they like
- 1 thing to improve

### Cool Down

Follow my leader

### Key Vocabulary:

*March, turn, fight, protect, high, low, fast, slow, link, formation, strength*

## Week 6: Perform & Review

♪ [Volume 3 Track 3](#)

[\(order CDs\)](#)

### Warm up

Body warm-up

Follow my leader, focusing on high/low, fast/slow, strong/weak

### Main

♪ *Volume 3 Track 3 "Arthur's Feast"*

**A** Children practise and rehearse their dances in their final groups

**B** Each group performs for the rest of the class

**C** (Optional) Children video the performances

**D** For each performance, children identify:

- 1 thing that they like
- 1 thing to improve

### Cool Down

Follow my leader

### Key Vocabulary:

*March, turn, fight, protect, high, low, fast, slow, link, formation, strength*

## Resources

### 1. Dance Notes music CDs

All the music you will need to deliver this and other lessons from the free online library can be found within the *Dance Notes* CD set. If you are viewing this lesson plan online, you can click on any of the links [like this](#) to hear an extract of the music to which the plan has been created. Below you will find links to this unit's tracks.

🎵 [Volume 3 Track 3 "Arthur's Feast"](#)

To order your CDs, click on the [\(order CDs\)](#) link or visit:

[www.brianmadigan.com/Tracks.html](http://www.brianmadigan.com/Tracks.html)

Alternatively, complete the attached form and fax your order on 0870 759 8462

### 2. Video clips of Roman army formations

YouTube:

Dan 7:7-Roman Formation like teeth, claws, crushing feet

<http://www.youtube.com/watch?v=MSXVDog-ZOc>

Roman Testudo

<http://www.youtube.com/watch?v=mhWXEIA-4aM>

Romans on the march(formations)

<http://www.youtube.com/watch?v=AtRsu2jggYs&feature=related>

Please review the content of these clips to assess their suitability to your class. You should find that other suggested clips will also present themselves on following the above links, so you can do a little further research if required. (It may also be that over time some links will be removed and/or replaced).

# Dance Notes Order

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