

Planning a Dance Lesson

When planning a creative dance lesson, we use a four stage structure:

1. Warm up

Aims:

- *To get the group moving and physically warmed up*
- *To focus the group*
- *To introduce the theme of the lesson*
- *To introduce movement vocabulary related to the theme*

2. Movement Exploration

Aims:

- *To develop movement vocabulary further and explore possibilities*
- *To enable the group to explore independently or with a partner*
- *To lead the group in a particular direction*

3. Creative Task

Aims:

- *To consolidate the exploration and extend movement*
- *To make choices, select and edit movement*
- *To encourage the group to think about choreographic structure, how they perform, which way they are facing etc.*
- *May include learning and remembering movements, rather than improvisation*

4. Appreciation

Aims:

- *To encourage participants to think about what they have achieved*
- *To describe the movement*
- *To justify opinions*
- *To identify possibilities for further development*

This structure can easily be applied to any theme. Work backwards when planning, for example:

- *What do you want the group to achieve by the end of the lesson?*
- *What sort of creative task could you use to enable them to achieve that outcome?*
- *What kind of movement should they explore to prepare them for that task?*
- *What kind of warm-up do they need to prepare their bodies for that kind of movement?*

Once you have the structure under your belt you will find it easy to come up with the creative ideas!