

# Contents

---

## GETTING STARTED

What is <i>Dance Room</i> ?	iv
How is <i>Level 1</i> set out?	iv
How to use <i>Dance Room</i>	iv
Safe dance practice	v
Warming up	v
Making the most of <i>Dance Room</i>	v
Evaluation & Web Support	v
Rationale, Aims & Outcomes	vi

## UNIT 1

LESSON 1 ACTION – Steady, rhythmic actions	1
LESSON 2 ACTION – Steady, rhythmic actions	3
LESSON 3 SPACE – Levels (high, medium, low)	5
LESSON 4 SPACE – Levels (high, medium, low)	7
LESSON 5 TIME – Tempo (moderate, slow, fast)	9
LESSON 6 TIME – Varying tempo	11
LESSON 7 ENERGY – Dynamics (soft & strong)	13
LESSON 8 ENERGY – Different dynamics	15
LESSON 9 FORM – Dance structure	17
LESSON 10 FORM – Different sections	19

## UNIT 2

LESSON 1 ACTION – Steady, rhythmic actions	21
LESSON 2 ACTION - Steady, rhythmic actions	23
LESSON 3 SPACE – Making shapes	25
LESSON 4 SPACE – Using space in dance	27
LESSON 5 TIME – Keeping the beat	29
LESSON 6 TIME – Different time signatures	31
LESSON 7 ENERGY – Different dynamics	33
LESSON 8 ENERGY – Different dynamics	35
LESSON 9 FORM – Beginning, middle & end	37
LESSON 10 FORM – Narrative movement & evaluation	39

## UNIT 3

LESSON 1 ACTION – Moving in a steady rhythm	41
LESSON 2 ACTION – Different actions	43
LESSON 3 SPACE – From large to small	45
LESSON 4 SPACE – Different sizes	47
LESSON 5 TIME – Fast & slow	49
LESSON 6 TIME – Different tempos	51
LESSON 7 ENERGY – Swinging movements	53
LESSON 8 ENERGY – Swinging movements	55
LESSON 9 FORM – Narrative movements	57
LESSON 10 FORM – Narrative movements	59

## UNIT 4

LESSON 1 ACTION – Moving in a steady rhythm	61
LESSON 2 ACTION – Locomotor movement	63
LESSON 3 SPACE – Using a large space	65
LESSON 4 SPACE - Moving through the space	67
LESSON 5 TIME – Moving to the beat	69
LESSON 6 TIME – Playing with the beat	71
LESSON 7 ENERGY – Different movement qualities	73
LESSON 8 ENERGY – Different movement qualities	75
LESSON 9 – FORM – A structured work	77
LESSON 10 – FORM – A structured work	79

## END OF YEAR PERFORMANCE

The Conservation Warriors	81
---------------------------	----

## APPENDIX

Going to the Show	86
Guess What I Am?	87
Content checklist	88
Outcomes tracking sheet	89
Certificates	91
Acknowledgements	92
Index	93