



Physical Literacy Through *Dance*

PHYSICAL LITERACY

Rules

- Dancers** Solo, duets, trios, team
- Rules**
- Dancers must use the appropriate style.
 - Each dance will have a maximum time allowed.
 - Performance energy is judged.
 - Smooth transitions are judged.
 - Timing is judged.
 - Precision is judged.
 - Judges grade on a scale of 0-10.
 - The grading system includes increments of 0.25, 0.5, 0.75.

Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov.recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities



Fitness



Fundamentals

- Action Content
- Travel
 - Turn
 - Elevation
 - Gesture
 - Stillness
 - Use of different body parts
 - Floor work
 - Transfer of weight
- Dynamic Content
- Fast/slow
 - Sudden/sustained
 - Acceleration/deceleration
 - Strong/light
 - Direct/indirect
 - Flowing/abrupt
- Spatial Content
- Pathways
 - Levels
 - Directions
 - Size of movement
 - Patterns
 - Space

Relationship Content

- Duet lead and follow
- Mirroring
- Action and reaction
- Accumulation
- Compliment and contrast
- Contact
- Counterpoint
- Formations
- Using props

Expressive Skills

- Expressive skills**
- Projection
 - Focus
 - Spatial awareness
 - Facial expression
 - Phrasing
 - Musicality
 - Moods
 - Meanings

Theatrical Relationship Content – Action-Reaction

Tactics/Choreography



Capoeira

- Exercise to Music
- Beats
- Counting
- Capoeira Style:
 - Ginga
 - Spinning Kicks
 - Escapes
 - Floor Transitions
 - Frontal Kicks

Street V Contemporary

- Street Dance Style
 - Stomp
 - Point
 - Pause Groove
 - KB Bounce – Happy Feet
- Contemporary Dance Style
 - Ball Changes
 - Pivot Turns -Chases

Charleston-Theatrical

- Charleston Dance Style:
 - Groove Walk
 - Kicks
 - Twisting
 - Theatrical Gestures