

Year 9- Section A knowledge of performance skills and choreography processes	
YR 9 SOW 1- Safe Practice and Physical Skills	
Week	Lessons
1	Practical: Set dance baseline Theory: Nutrition and Hydration
2	Practical: Warm-up & cool-down Theory: Dance wear and safe practice
3	Practical: Posture, Alignment & extension Theory: Exam questions Section A
4	Practical: Control, Balance & Strength Theory: Exam questions Section A
5	Practical: Flexibility & Mobility Theory: Exam question Section A
6	Practical: Coordination, Isolation and Stamina Theory: Exam questions Section A (assessment) 30 marks
YR 9 SOW 2- Set dance BREATHE & SHIFT , Technical & Mental Skills	
Week	Lessons
1	Practical: Set Dance Breathe, Action and Space Theory: Action & Space exam questions section A
2	Practical: Set Dance Breathe, Timing, Rhythm Theory: Timing & rhythm exam questions section A
3	Practical: Set Dance Breathe, Dynamics & Stylistically accurate. Theory: Dynamics, Stylistically accurate & relationship exam questions section A
4	Practical: Set Dance rehearsal of technical skills using mental skills. Theory: Technical skills exam questions section A
5	Practical: Set Dance rehearsal of expressive skills using mental skills. Theory: Mental skills process exam question section A
6	Practical: Set dance breathe assessment 12 marks Theory: Section A questions mental and technical skills assessment 30 marks
YR 9 SOW 3- Choreography Project- Learn about practitioners	
Week	Lessons
1	Practical- Research and create more areas to explore. Theory- Choreographic process- research and choreographic intent
2	Practical- Using a stimulus and improvisation- Wayne McGregor TED talk, workshop Improv tasks & Generating- motus and workshop- Lea Anderson channel, Christopher Bruce- Rooster Theory- Section A questions, hypothetical questions
3	Practical- Motifs- DV8 Achilles, Ghost dances, Dust Akram Khan, Death and the Maiden North, Matthew Bourne sweets Theory- Section A questions, hypothetical questions
4	Practical- (choreographic device) Develop Motifs, using Action and Space Theory- Section A questions, hypothetical questions RADS
5	Practical- Develop motifs using dynamics and relationships Theory- section A questions, Hypothetical choreographic devices learn all of them.
6	Practical- Develop motifs using choreographic devices (contrast, repetition) Theory- Section A assessment. 30 marks
YR 9 SOW 4- choreography project	
Week	Lessons
1	Practical: Structure that meets the intent. Start to structure their movement created.

	Theory: Section A structure. Meeting intent.
2	Practical: Choose Aural setting and work on choreographic devices, climax and highlights. Theory: Section A aural setting, different types and why.
3	Practical: Check the process, refining and synthesising. Working with music. Theory: Section A choreographic processes
4	Practical: Rehearsal time to ensure you are meeting choreographic intention in all element. Student review. Theory: Section A
5	Practical: mock Assessment Theory: Section A
6	Practical: Assessment 40 marks Theory: Assessment 30 marks
YR 9 SOW 5- Duet, TEMP skills revised	
Week	Lessons
1	Practical: Action, Space, Relationships, Style Theory: Writing Section A answers recap
2	Practical: Action, Space, Relationships, Style Theory: Recap RADS, how to write them, hypothetical
3	Practical: Dynamics, Timing, Rhythms Theory: Technical skills section A questions
4	Practical: Physical skills Theory: Physical skills, section A questions
5	Practical: Physical skills Theory: Physical skills, section A questions
6	Practical: Mental skills rehearsal Theory: Mental skills for rehearsal, section A questions
YR 9 SOW 6-Duet performance, Expressive skills and mental for performance	
Week	Lessons
1	Practical: Develop Communication of intent, musicality, phrasing Theory: Section A style questions.
2	Practical: Develop Focus, projection, facial expressions Theory: Section A style questions.
3	Practical: Develop Sensitivity to others and spatial awareness Theory: Section A style questions
4	Practical: Develop Communication of the intent, Confidence Theory: Section A style questions.
5	Practical: Develop Commitment, movement memory, concentration Theory: Section A style questions.
6	Assessment both practically and theory using exam questions and exam criteria.
Year 10- Section C analysis of professional work and choreographic approaches	
YR 10 SOW 1- Shadows set dance, Shadows theory	
Week	Lessons
1	Practical: Learn the duet (technical skills-action, space, relationships) Theory: Shadows context, costume
2	Practical: Learn the duet (technical skills-action, space, relationships, Contemporary dance style) Theory: Shadows, movement
3	Practical: Learn duet (technical skills- Timing, Dynamics, Rhythm)

	Theory: Shadows, set
4	Practical: Develop duet (Physical skills- Posture, Alignment, Extension, Balance) Theory: Shadows, Aural setting
5	Practical: Develop duet (Physical skills- Control, Strength, Isolation, Coordination) Theory: Shadows, Lighting
6	Practical: Learn duet (Physical skills- Flexibility, mobility, Stamina) Theory: Shadows exam questions assessment.
YR 10 SOW 2- Set dance continues, AT theory	
Week	Lessons
1	Practical: Develop duet (Expressive skills- Projection, focus) Theory: AT context, costume
2	Practical: Develop duet (Expressive skills- Musicality and phrasing) Theory: AT movement
3	Practical: Develop duet (Expressive skills- facial expressions, communication of intent) Theory: AT Lighting
4	Practical: Develop duet (Expressive skills- spatial awareness, sensitivity to other dancers) Theory: AT Aural setting
5	Practical: Develop duet (Mental skills for performance and rehearsal) Feedback work. Theory: AT set.
6	Practical: Assessment using the duet grid. Theory: AT exam questions assessment
YR 10 SOW 3- ALC choreography ALC theory	
Week	Lessons
1	Practical: Learn the motifs Theory: ALC context & costume
2	Practical: Create own motifs using Samba Theory: ALC movement
3	Practical: Create formations and pathways Theory: ALC Aural setting
4	Practical: Explore canons, repetition, counter point Theory: ALC set design
5	Practical: Explore tricks and contact work to show climax Theory: ALC Lighting design
6	Practical: Dynamics high energy Theory: ALC exam questions assessment
YR 10 SOW 4- ALC Choreography continues, E of E theory	
Week	Lessons
1	Practical: Learn Capoeira motif & Create own motifs using Capoeira Theory: EofE context movement styles.
2	Practical: Capoeira duets, look at complement and contrast, level, size & shape Theory: EofE movement
3	Practical: Capoeira duets mirroring, call and response, lead and follow working in a small space Theory: EofE Set design and lighting
4	Practical: Dynamics, contrasts slow Theory: EofE Aural setting
5	Practical: Put the piece together with repetition and transitions. Theory: EofE cosume
6	Practical: choreography assessment, above skills out of 8 Theory: EofE exam questions assessment

YR 10		SOW 5- WHE Duet, WHE theory
Week	Lessons	
1	Practical: Learn rep from WHE Theory: WHE context and costume	
2	Practical: Learn set dance motifs Theory: WHE movement	
3	Practical: Explore different ways to develop motifs using space and relationships. Theory: WHE set and camera	
4	Practical: Continue to explore ways to develop motifs using space and relationships. Theory: WHE lighting and set/camera	
5	Practical: Contact workshop Theory WHE aural setting.	
6	Practical: Implementing contact work with transitions. Theory: WHE exam questions assessment.	
YR 10		SOW 5- Duet continues, Infra theory
Week	Lessons	
1	Practical: Learn the remaining material for the duet. Focus on Technical skills Theory: Infra Context and set	
2	Practical: Piece together the duet. Focus on physical skills. Theory: Infra movement	
3	Practical: Develop skills for performance. Physical skills. Theory: Infra costume	
4	Practical: Develop skills for performance. Expressive Skills Theory: Infra Aural setting	
5	Practical: Develop skills for performance. Expressive skills Theory: Infra Lighting	
6	Practical: Duet Performance Assessment Theory: Infra Exam questions assessment.	
Year 11-Section B analysis of own work and creation of own work		
YR 11		SOW 1- Duet and Film, Choreography research
Week	Lessons	
1	Practical x2- Rehearse duet reminder mental skills for rehearsal Theory- Look at all mental skills required for rehearsal section B	
2	Practical x2- rehearse duet with technical skills in mind Theory- technical skills required for duet section B	
3	Practical x2- rehearse duet with physical skills in mind Theory- physical skills required for duet section B	
4	Practical x2 rehearsal with expressive skills in mind Theory- expressive skills required for duet section B	
5	Practical x2 rehearse with mental skills for performance Theory- choreography research	
6	Practical x2- Duet exam recording Theory- choreography research	
YR 11		SOW 2- Set dances, choreography and film, section B review
Week	Lessons	
1	Practical 1- set dances Breathe technical skills Practical 2- set dance Shift technical skills Theory- choreography ideas & Process	

2	Practical 1- Shift and breathe technical skills Practical 2- Choreography improv and generate Theory- section B review technical skills set dance
3	Practical 1 – Breathe physical skills Practical 2- Shift physical skills Practical- choreography improv and generate
4	Practical 1- Shift and breathe physical skills Practical 2 – choreography improv and generate Theory- Section B review physical skills set dance
5	Practical 1- Breath expressive skills Practical 2- Shift expressive skills Theory- Section B review of expressive skills
6	Practical 1- Breathe exam Practical 2- Shift exam Practical 3- set dance exam review mental skills throughout process and performance
YR 11 SOW 3- Choreography & section A revision	
Week	Lessons
1	Practical- Motifs Theory- Section A- using a stimulus, motifs
2	Practical- Motifs Theory- Section A- motifs RADS, development
3	Practical- Music choices Theory- Section A- choreographic devices
4	Practical- structure Theory- Section A- structure
5	Practical- Develop motifs Theory- Section A- aural setting
6	Practical- Develop motifs Theory- Section A/B- assessment
YR 11 SOW 4- Choreography & section C revision	
Week	Lessons
1	Practical- Choreography continues, contrast, climax, highlights, repetitions Theory- Section c- Shadows
2	Practical- Choreography continues Theory- Section c- Infra
3	Practical- Choreography rehearsal Theory- Section c- EofE
4	Practical- Choreography rehearsal Theory- Section c- ALC
5	Practical- Choreography rehearsal
6	Practical- Choreography Exam
YR 11 SOW 5- Revision	
Week	Lessons
1	Practical- Exams of performance and choreography if needed Theory- review of practical work section B look back through choreo booklet
2	Theory- writing description and 6 markers
3	Theory- revision of Section C- compare and 12 markers
4	Theory- revision of section C- Compare and 12 markers

5	Theory- section C works
6	Mock questions section C
YR 11	SOW 6- Revision
Week	Lessons
1	Walking talking mocks
2	Walking talking mocks
3	
4	
5	
6	