Foxford Learning Plan

YEAR 7

Rock and Roll

Key Skills

Over the course of the topic, I will be able to: -
Learn, choreograph and perform hand jive actions.
Describe dance phrases using ASDR (actions, dynamics, space and relationships).
Learn and perform the complete Rock and Roll dance using the correct structure.
Safely perform a lift.
Give and respond to feedback.





Key Vocabulary

Actions	What a dancer does: travelling, turning, elevation, gesture, stillness, floor-work and the transference of weight.
Space	Where the movement is performed in the room e.g. the size, direction and level of the movement.
Dynamics	How the movement is performed, e.g. fast/slow sharp/soft.
Relationships	Who the dancer performs with and how they perform together e.g. lead and follow, contact, formations.
Performance Skills	Balance, coordination, flexibility, strength, style, timing, focus, spatial awareness and projection (energy) and movement memory.
Lift	A sequence of movements in which one or more dancer lifts and holds their dance partner above the floor.
Hand Jive	A dance phrase made up of hand movements.
Structure	The way in which movement is organised to create a dance.

I will Understand

1. What a Hand Jive and rock and roll dance is.
2. How to describe dance phrases using ASDR (actions, dynamics, space and relationships).
3. How structure is used in choreography.
4. How to safely practice and perform a lift.
5. How to evaluate my work, the work of others and then respond to this in order to develop it further.