

Dance Year 9 Learning Journey 2023-2024

Week	Date	D.N	Theory Component knowledge	Practical component knowledge	K.C P.E	Assessment
1	09.09.24	Key dance terminology	Safe Practice. Physical skills (and how to improve them) Mental skills for rehearsal	Building Technique and fitness for Dance 1. Use of the physical skills through Ballet and contemporary techniques.	AO3: Hoe to improve components of fitness	Fitness tracker (ongoing)
2	16.09.24					
3	23.09.24					- Performance of contemporary phrase
4	30.09.24					
5	07.10.24					
6	14.10.24					
7	21.10.24					
Half term						
8	04.11.24	Key dance terminology	Safe Practice Physical skills and how to improve them Mental skills for rehearsal and performance Expressive skills Relationships	AO1 – Rosas Danst Rosas Building Technique and fitness for Dance 2, using the expressive skills and relationships (technical)	AO3: Hoe to improve components of fitness	
9	11.11.24					
10	18.11.24					RAP performance Evaluate and Analyse
11	25.11.24					Fitness tracker (ongoing)
12	2.12.24					
13	09.12.24					Performance of Rosas
14	16.12.24					
CHRISTMAS						
15(Tues)	06.01.25	Key dance terminology and Breathe booklet	Technical skills (minus relationships) Expressive skills	Applying advance chnique in the Set phrases. Learning and performing of Set Phrase – Breathe and Flux (using the performance skills) Building fitness	AO1 – Benefits of physical activity and sport on social health	RAP Rosas Evaluate and Analyse
16	13.01.25					
17	20.01.25					
18	27.01.25					Fitness tracker (ongoing)
19	03.02.25					
20	10.02.25					Performance of Breathe and Flux
Half term						
21	24.02.25	E of E Key facts and video	Choreographic devices 1	Applying the performance skills and technique to a professional work. Building fitness	AO3: Hoe to improve components of fitness	
22	03.03.25					Rap Set phrase Analyse and Evaluate
23	10.03.25					Performance of Shadows phrase
24	17.03.25					
25	24.03.25					Fitness tracker (ongoing)

26	31.03.25					
EASTER						
27	21.04.25	Group Choreography task and performance	Choreographic processes and devices. Stimulus and Choreographic Intention	Applying performance skills and techniques to choreography Building fitness		
28	28.04.25					
29 (BH)	05.05.25					Annual Exam: Stage Performance of Choreography phrase
30	12.05.25					Fitness tracker (on going)
31	19.05.25					
Half term						
32	02.06.25	R.A.P Shadows and key facts	Choreographic devices Re-cap	Applying the performance skills and technique to a professional work Building fitness		RAP Choreography Evaluate and Analyse
33	09.06.25		Choreographic Process Re-cap			
34	16.06.25					Fitness tracker (on going)
35	23.06.25					Performance of E of E and RAP
36	30.06.25					
37	07.07.25					
38	14.07.25		Activities week			