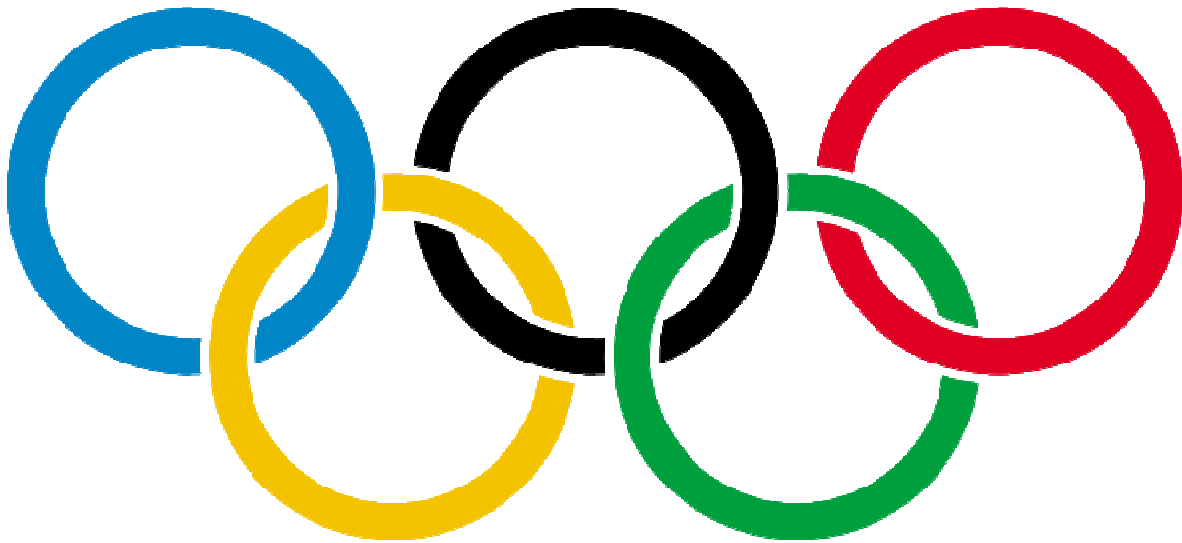


# DANCING FOR GOLD



**Sample Pack**

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## INDEX

3. **Introduction – Let’s Get Started**
4. **Actions in Dance**
5. **Space and Pathways**
6. **Dynamics**
7. **Relationships**
8. **Starting Your Session**
  
9. **Idea 1 – 5 Gold Rings**
10. **Idea 2 – Dance-O Lympics**
11. **Idea 3 – Pictures**
12. **Pictures continued**
13. **Ideas - Meanings and History**
14. **Ideas – Poems**
  
15. **Structuring your Dance**
16. **Ending your session**
17. **Resource Ideas**

**Dancing for Gold**, Dance Resource Pack for Primary Schools  
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Welcome to the **Dancing for Gold** dance resource pack for primary schools KS1/ KS2. This pack is designed to give you ideas and help you to create an **Olympic Themed** dance with your pupils. Whether you are leading a dance class or creating a dance piece, this resource pack will give you the inspiration and enthusiasm to lead your sessions in a fun and education way.

**Let's get started** with the basics

### Background information for creating you dance / choreography

There are a number of ways to choreograph a dance and every piece must have a must have a starting point, this starting point is called a **Stimulus**. Although our stimulus for this pack is the Olympics, there are other stimuli within this theme which you can use to create movement.

When creating your dance you should take advantage of the wide variety of stimuli available to you. In doing this you will ensure that your dance is creative, inspired and original.

Stimuli for choreographing a dance can be divided into five main categories:

1. **Auditory** – Music, poems, voice, sound effects
2. **Visual** – Pictures, patterns, shapes, objects
3. **Tactile** – Using morals, meanings, feeling of a theme
4. **Ideational/Theme based** – Story based, Olympic theme
5. **Kinaesthetic/Movement based** – Created just for dance sake



There are 5 Actions used in Dance:

**Travel**   **Jump**   **Turn**   **Gesture**   **Stillness**

Use these actions to guide you when creating your movement, then think about how you are going to **use** them in your dance. Let's take Jumps (for example) and think of these in terms of:

- Space:**                      *Where* will you do these jumps?  
**Direction:**                *What* way will you jump?  
**Dynamic:**                  *How* will you do this? What quality will these jumps be? Sharp, soft.....  
**Relationships:**            *Who* will do these jumps? With who? Why?



**Actions**

There are lots of actions to be used in dance:

**CARRY**

**DIVE**

**ROLL**

**CURL**

**TWIST**

**WALK**

**THROW**

**STRETCH**

**JUMP**

**LEAP**

**HIDE**

**RIPPLE**

**SKIP**

**KICK**

**HOP**

**KNEEL**

**GESTURE**

**REACH**

You can use the Olympic Sports to help you to create actions too. We have selected some actions that relate to sports/ themes which can be used effectively:

**DIVE - SWIMMING**

**THROW - SHOT PUT / JAVELIN**

**CURL - CURLING**

**LEAP - GYMNASTICS**

**KNEEL - RUNNING AND RACE**

**SKIP - TRACK AND FIELD**

**ROLL - JUDO / GYMNASTICS**

**STRETCH - ATHLETICS**

**JUMP - LONG JUMP / HIGH JUMP**

**RIPPLE - SWIMMING**



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### **Starting Your Sessions - Games and Activity Warm Ups**

Games, icebreakers and fun dance activities are a great way to introduce your dance session and focus your group. It can also help your pupils to listen and get to know each other, making them feel confident in their group.

### **Dance Warm Ups**

- ***Name and Shape***: Pupils stand in circle. Each pupil must enter the circle and say their name and make a shape / dance move. The rest of the group must repeat this and continue with their turn around the circle.
- ***Aerobics style warm up*** : Star Jump, Skip, Jog, Hop, Grapevine etc (Teacher led)
- ***Olympic themed exercise***: Pupils walk around the room, teacher shouts our Olympic Sports (Shot put, long jump, swim, cycle, running, gymnastic, skating) and pupils respond with an action which reflects the sport
- ***Follow my leader***: Split pupils into small groups and one person acts as leader. They must lead the group, who follow step by step in silence.
- ***Stop, drop, freeze***: Pupils move around the space while teacher plays a drum / or music. When music stops pupils must create a shape and freeze. Teacher may call out the shapes before the exercise starts e.g. low, high, small, big
- ***Bean Game*** : Attach your own actions - Runner Bean/ Jumping Bean/ Chile Bean/ Jelly Bean/ String Bean/ Broad Bean/ baked bean/ beans on toast/ baby bean/ butter bean



### **Fun Games**

- ***Olympic basket/ fruit basket***: Class split into 6 groups, each named a different country (India, America, France etc). Teacher calls out countries and groups must switch place
- ***Stuck in the mud***: Similar to the 'Your IT!' game. One person is the leader and tags others which make them stuck in the mud. Can only be released by others going through legs.
- ***The balloon between the knee race***: Inflate the balloon, but not too much so that it fits comfortably between the knees of the child. Have the children put the balloon between their knees and run or hop to the finish line
- ***Bench order***: Without speaking pupils must organise themselves on a bench in order of: Date of Birth, Name alphabet, Height Order, Age
- ***Numbers***: Pupils move around space and teacher calls out a number. Pupils must get into groups according to that number, those who are left over are out of the game



**Idea 2: DANCE- O- LYMPICS** (Themed Based)

This idea uses the theme of **competition** in the Olympics and uses the **Dance -O- Lympics** as a development. This idea can be used with sports or focus on dance genres such as Street Dance, Hip Hop, Ballet, Jazz and/or dance actions such as Leaps and Turns.

**Have a thought shower with your group and talk about ways to use this theme in your dance.**

**Our ideas:**

1. Structure your piece as a **dance competition** by dividing the group up and having teams.
  - A 'Dance Off' or 'Talent Show' to showcase your pupils talents
  - Each team has a style ( i.e. Street Dance) and they must create a short sequence. This is then performed in front of each other, a dance battle!

**You may want to use a voice over for a running commentary!**

- Instead of using sport actions such as basketball or high jump exchange it for dance actions such as leaps, spins and rolls.
2. Similar to the above idea (1), but just focusing on sports and naming it **Athletes Got Talent!** Divide your teams, have a panel of judges and recreate an award ceremony



**This idea is really broad and can be developed many ways with your pupils**



Using popular movies, TV shows and Pictures can inspire your Dance-0-lympic idea...

**You could stage a race in slow motion**

**Get the audience to be the judges!**

**Create an award ceremony**

**Have a Dance Battle!**

**Have a Sport Battle!**



**Idea 3: PICTURES** (Visual Stimulus)

We have chosen pictures for our third dance idea. These are great stimuli for creating any dance as they set the scene and give you a theme, allowing you to take movements from shapes and expression. Pictures tell a story and give a clear visual to your pupils

**There are lots of ways to use pictures to create movement:**

- Use the emotion / feeling in the picture  
How does she feel? Happy, relaxed?  
Use this to create movement



- Mimic the shape from the pictures  
(Floor Shapes, Freeze Frames)



- Use the sport to create actions  
(hops, gallops)



- Take your own pictures!  
(Sports, teams, shapes, winning medals)  
This will let the pupils take ownership on the dance





Sports such as Synchronised Swimming and Ice Skating are ideal for creating formations and shapes in your dance.

Hand these pictures to your pupils and let them make the shapes themselves



Using Olympic colours with help your formations and pathways, making it clear to your pupils and audience!



## Resources

### Resources

- Pictures
- Poems

### Information – Facts/ history from:

- Internet
- Library
- Books
- Newspapers
- Magazines

### Costumes

- Different coloured T-shirts (5 for each colour)
- Coloured socks
- Sporting Headbands
- Sport Numbers
- Hats / Caps

### Props

- Hoola hoops
- Ribbons on sticks
- Ribbons on wrists
- Flags for your countries
- Flash cards with colours / circles / words
- Sport Equipment such as tennis rackets, gym mats, Footballs
- Sheets of Fabric
- Musical Instruments

### Make your Own

- Medals
- Torch
- Poems
- Pictures

