



Bryniau Clwyd a
Dyffryn Dyfrdwy
Tirwedd
Cenedlaethol

Clwydian Range
and Dee Valley
National
Landscape



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

Waterways

Dee Valley Dance Pack - Guidance for Teachers

Learning Objectives

To interpret the flow of water through simple movements and perform as individuals and groups.

Success Criteria

- Perform a gesture to show water flowing.
- Develop the gesture into a whole body movement.
- Work with others to join individual movements together and create and perform a short dance.

Time needed for activity

1 Classroom Lesson
1 Music and Movement Lesson

Location

Open space, in hall or outside

Resources and Equipment

- Ribbons or scarves
- Dance lesson PowerPoint
- Dance prompt cards
- **Music:** Happiness Does Not Wait by Olafur Arnalds

Brief for Teacher

Starter Activity

- Work through the **Waterways Classroom Lesson** Powerpoint





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Warm Up

Pass the Waves

Remind pupils of the importance of warming the body up before exercise.

- Standing in a circle, invite the pupils to close their eyes and think about the movement of the water through a waterway and make a gesture to represent it. Remind them of the video clips they watched previously.
- Choose one pupil's gesture for the group to use.
- In the circle, pass this gesture around the circle from one person to the next like a Mexican wave.
- Repeat with a different person's gesture.

Development

- Try out different speeds to change the dynamic of the movements - fast flowing and rushing over the rocks and slow flowing round wide meanders (bends in the river). Slow steady flow of the canal where the channel is regular and clear of rocks and debris.

Dance

- Encourage the pupils to be aware of the number of beats in the bars of the music, this piece is slow with three beats per bar. Draw attention to these by clapping along as a class.
- In groups of 3-5, pupils can create a short dance by developing their warm up gestures into whole body dance movements that last for the 3 beats.
- Think about performing the movements in different ways as a group, use the dance element prompts on the PowerPoint:
 - o Unison
 - o Cannon
 - o At different levels
 - o Mirroring a partner

Extension

- Ribbons or scarves can be used to demonstrate the movement of the water. The pupils can add these to some parts of their dance.
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Cool Down

Mirrored Musical Statues

Remind pupils of the importance of cooling the body down after exercise.

- Everyone will need a scarf or ribbon.
- Choose a volunteer to lead with water flowing movements using the ribbon and think of 3 still/stationary shapes for the class to mirror.
- Play the music and the pupils mirror the river flowing movements of the leader as the music plays.
- When the music is stopped, the volunteer has to make a statue shape for the class to copy.
- Repeat this 2 more times and change leader if you wish.

Reflection

Reflect individually by completing one of the sentences verbally:

- The thing that really helped me today was...
- To improve I could...
- Next time I could...
- The thing I found most difficult was...

Reflect as a class: would it be helpful to continue to develop this lesson content in another lesson?

Looking for more learning resources and information?

www.clwydianrangeanddeevalleyaonb.org.uk

Dance Prompt Cards

UNISON

When dancers, either in a duet or a group, perform the same movement at the same time.

CANON

When dancers perform the same phrase or movement one after the other. E.g. movements performed in a Mexican wave.

DYNAMICS

The qualities of performing the movement (for example: jerky, smooth, heavy, light, sharp and soft).

MIRRORING

When following your partner/group with the exact same movements.