<table>
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<tr>
<th>Week</th>
<th>Content: Term One</th>
<th>Assessment</th>
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| 1    | Hand out *Introduction to Dance* worksheet  
      | Hand out and explain Journals  
      | Media Presentation – *The Hip Hop Experience*  
      | Activity – First entry in journal  
      | Physical warm up and Hip Hop technique 1 | |
| 2    | Understanding improvisation in Hip Hop  
      | Physical warm up  
      | Hip Hop techniques 1 and 2  
      | Teach Hip Hop dance | |
| 3    | Understanding unison and symmetry  
      | Physical warm up  
      | Hip Hop techniques 1, 2 & 3  
      | Hip Hop dance | |
| 4    | Understanding canon and asymmetry  
      | Physical warm up  
      | Hip Hop techniques 4 & 5  
      | Journal entry hip hop techniques  
      | Hip Hop dance | |
| 5    | Journal reflection  
      | Physical warm up  
      | Hip Hop techniques 1 – 5  
      | Group choreography 5 x8 – choose music | |
| 6    | Physical warm up  
      | Hip Hop techniques 1 – 5  
      | Group choreography 5 x8  
      | Incorporating techniques learnt | |
| 7    | Journal reflection  
      | Physical warm up  
      | Hip Hop techniques 1 – 5  
      | Group choreography 5 x8  
      | Experimenting with unison, cannon, symmetry  
      | and asymmetry  
      | Hip Hop dance | |
| 8    | Written assessment  
      | Warm up  
      | Group choreography/patterning  
      | Hip Hop dance | Written assessment 15%  
      | Hand in Journals 10% | |
| 9    | Warm up  
      | Present choreographed group piece  
      | Peer assessment  
      | Hip Hop dance | Practical assessment 25% | |
| 10   | Final Term journal entry  
      | Warm up  
      | Dance battle (prize)  
<pre><code>  | Hip Hop dance | Hand back Journals |
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<table>
<thead>
<tr>
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| 1    | Media presentation – *Jazz and Bob Fosse*  
Journal entry – initial thoughts  
Warm up  
Jazz techniques 1 & 2  
Jazz progressions |  |
| 2    | Hand out bone/muscle charts  
Discuss which are the main muscle groups used in jazz  
Warm up  
Jazz techniques 1-3  
Traveling steps and Jazz progressions  
Jazz routine |  |
| 3    | Journal reflection  
Warm up  
Jazz techniques 4 & 5  
Focus – group formations  
Jazz routine |  |
| 4    | Journal reflection/ review bone and muscle charts  
Warm up / partner stretching  
Jazz techniques 1-5  
Focus – group formations  
Jazz routine |  |
| 5    | Physical warm up  
Jazz techniques 1 – 5  
Jazz progressions in formation  
Group choreography 5 x8- choose music |  |
| 6    | Discuss muscles used during physical warm up  
Jazz techniques 1 – 5  
Group choreography 5 x8  
Incorporating techniques learnt |  |
| 7    | Journal reflection  
Physical warm up  
Jazz techniques 1 – 5  
Group choreography 5 x8  
Experimenting with unison, cannon, symmetry, asymmetry and formation  
Jazz routine |  |
| 8    | Written assessment  
Floor work  
Group choreography/patterning  
Jazz routine | Written assessment 15%  
Hand in Journals 10% |
| 9    | Warm up  
Present choreographed group piece  
Peer assessment  
Jazz routine | Practical assessment 25% |
| 10   | Warm up  
Musicality - interpreting music  
Rhythms - clicking, clapping, stomping.. create 16 count rhythm in pairs or threes (prize)  
Combining Hip Hop and Jazz | Hand back Journals |