

Unit 1: The German Clap-Dance

**LEARNING
OUTCOMES****The student will:**

- *become aware of a simple rhythmic structure*
- *will learn a simple folk step - the gallop.*

RESOURCES

Tape recorder; tape music.

CLASS ORGANISATION

Line formation, couples stand facing each other.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<p>Warm up Music Portsmouth</p>		<p>Skip: in different directions. forwards x 8 counts / 4 counts / 2 counts backwards x 8 counts / 4 counts / 2 counts sideways x 8 counts / 4 counts / 2 counts alternate gallop & skipping steps.</p>	
<p>Development</p>		<p>Task 1: clap sides, together, partner's right hand. clap sides, together, partner's left hand. clap sides, together, right then left. clap sides, together, both hands together (repeat).</p> <p>Task 2: catch partner's hands, gallop 7 steps sideways. click feet together (repeat in opposite direction).</p> <p>Task 3: clap sides, together, right foot, which is raised to side. clap sides, together, left foot which is raised to the side. clap sides, together, both feet (repeat).</p> <p>Task 4: repeat Task 2</p>	<ul style="list-style-type: none"> • Students face teacher to learn rhythmic clapping phrase. • "Together" clap hands together. • Arms extended.
<p>Conclusion Music: German Clap Dance</p>		<p>Task 5: in 2's change formation of gallop e.g. gallop away & towards each other. Suggested progression: perform the dance in a circle.</p>	<ul style="list-style-type: none"> • No words. • Practice without music. • Practice movement at correct tempo. • Perform with music.
<p>Cool down Music: Oxygene Jean Michel Jarre</p>		<p>Walk around the room, find a shape & lie on floor, stretch the whole body, hold for 4 counts, release for 4 counts. Repeat.</p>	