

# TUDOR DANCE

## YEARS 3 – 6



## LESSON 1

### Starting Activity

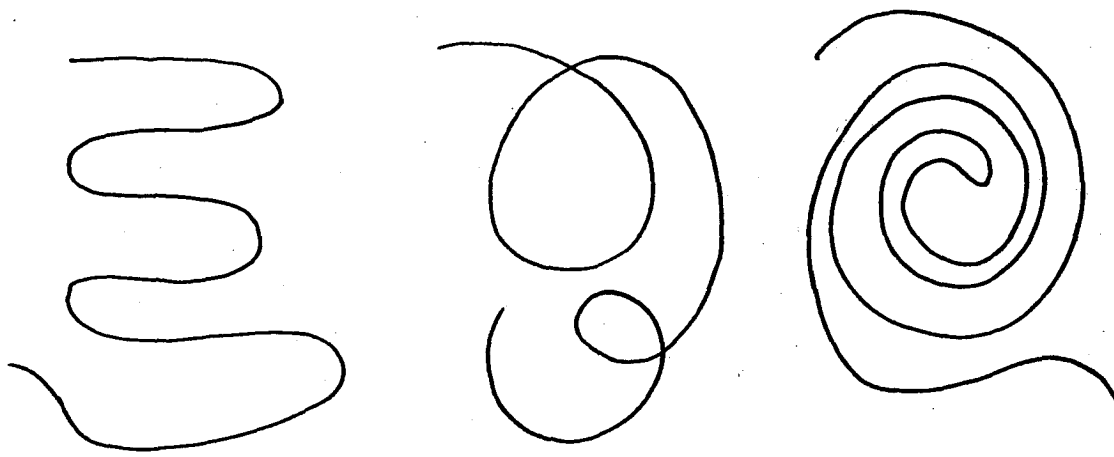
- (i) Listen to *Dargason* and start walking around, trying to match your steps to the music. What numbers of steps does the music suggest? (*2, 4 and 8 are all good answers. Tell the class that they are going to learn some dances from Britain 400 years ago, all using steps and phrases of music in units of 2 or 4 – the traditional structure of most British music.*) (Track 1)
- (ii) Repeat walking; this time, change your direction in time with the music. (*Choose children to demonstrate their use of 4 or 8 steps*) Try to create paths around others, not touching. Repeat in pairs or threes, one following the other; take turns to lead.

### Exploration and Development

- (i) Now we'll learn a farandole, which people danced in villages and towns. All in a big circle, not in pairs, holding hands. (*Reluctance to touch may be countered by firm reminders that we are "acting" historically.*) Teacher should be on right hand of tall, steady child.

When music starts, all walk at teacher's call, left or right, for several seconds either way. (*Some children will confuse right and left; some may excitedly pull into centre of ring. This is usually solved simply by continuing the lesson calmly.*) "Keep the circle big. Good dancers help each other by holding hands lightly and keeping a steady beat."

Practise circling Left then Right throughout the music, then explain that farandoles were really snaky lines. Teacher releases right hand of child on left (*all others maintain hold throughout*) and play *Dargason* again; this time teacher leads line to the left in one or more patterns (*see diagram; the middle one shows an arch, leader ducking between two other dancers*). (Track 1)



- (ii) Children hold hands in lines of about 6 and dance farandoles, taking turns to lead patterns as teacher did. (*Person at left end of line leads. Praise use of space and awareness of other dancers. If one line ducks under another, encourage second line to stop and make arch so you don't let go hands. Allow only one arch per line!*)