

(3) STRUCTURE OF THE LINK UNIT

The Link Unit has been structured to progress and develop skills, techniques, movement phrases and dances through a series of progressive phases:-

Transition and Familiarisation

“The Word Game”: Interpreting words to create group shapes. The shapes exploit a use of level and making contact with different body parts. Pupils develop synchronised movement to travel into the shapes and begin to use their own percussion.

Progression 1

“The Word Game”: Interpreting words to create group shapes on different levels with individuals in different shapes. “Dance by chance” to create a movement phrase. Pupils develop canon movement. Pupils evaluate dances using a check-list.

Progression 2

“Computer Game” Creating a simple motif and extending it using movements to include travelling, jumping and turning. Reinforcement of use of directions and levels. (*Development of relationships in groups of four.*)

Progression 3

“Load the CD” Pushing and pulling against a partner to produce moments of stillness using counter-balance and counter tension. Composing a repeatable phrase exploring shape and level. Linking this phrase to the motif from the last progression.

Progression 4

“The Escape” Individual pathways and phrases to express the dramatic idea of a chase. Energetic and high activity phrases utilising leaping, travelling and rolling, and furtive, “move and stop”, “move and pause” phrases. Pathways and levels are developed.

Progression 5

“Follow and Evade” Shapes, stretched and curled, symmetrical and asymmetrical are explored and used within a dramatic idea of “follow and evade”. Relationships including follow-my-leader, canon, over, under and around are explored and used to dramatic effect.

Progression 6

“The Fight” Working with a partner using action and reaction to create the dramatic idea of a fight. Pupils use different body parts to initiate the reactions which include directional jumping, sinking, spinning, turning, rolling and sliding. “The Spy Game” dance is completed. The complete extended dance of “The Computer Spy Game” is also finished.

Working through the Link Unit

N.B. It is very important to maintain PACE and MOTIVATION, so, depending upon the length of the lessons and pupil response, some of these progressive phases may be delivered within one lesson, others may take 2 lessons. Teachers use their professional judgement to maintain challenge but not move on too quickly.

It is essential to complete a dance, so, recognise that:

Transition and Familiarisation and Progression 1 create = “Word Games”

Progressions 2 and 3 create = “The Computer Dance”

Progressions 4, 5 and 6 create and complete = “The Spy Game” and “Computer Spy Games”

If possible, work right through to progression 6 and complete it, because this is the climax of the unit when the “Computer Spy Game” can be completed. Pupils gain a real sense of achievement in completing the dance and they show their knowledge and independence by producing their own warm-ups and evaluating and appreciating dances.

By the end of this unit, teachers will have a good understanding of pupils’ knowledge, skills and understanding and be able to move them on to more complex structures and group involvement.

N.B. The recommendation is that the Link Unit takes approximately 8 – 12 hours to deliver.