



I Can Statement – Autumn term

Year 8 Subject: Dance

Topic Overview:

In year 8 Dance in the Autumn term, students explore the following topics; Creating, performing and evaluating a dance fitness programme. Students take part in a range of different dance work outs learning the benefits of each. Students then move on to creating a devised sports dance based on a given stimulus; exploring simple, accumulative and simultaneous canon.

Throughout all of these topics, students are given the opportunity to explore the content via practical, real-world examples, career pathways, paired, group and individual tasks and a range of choreographic works.

Unit/Topic: Dance fitness & Sports Dance		RAG Rating:		
Content:		Start of Topic	End of Topic	Teacher
1.	I can explain and take part in circuit training.			
2.	I can explain and take part in a HIIT work out.			
3.	I can explain and take part in an aerobics program			
4.	I can be a fitness coach and create my own circuit			
5.	I can share the benefits of each type of training			
6.	I can write a poem based on my favourite sport – using my literacy skills			
7.	I can choreograph a dance based on a sports stimulus.			
8.	I can perform a simple canon in my choreography			
9.	I can perform an accumulative canon			
10.	I can perform a simultaneous canon			



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