



READY SET DANCE
learning outcomes

LEARNING OUTCOMES

01. TEAM WORK

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • Big Waves Little waves • Lets Go Camping • Washing Machine • Disco Dream (Parachute) • Parachute Play • Pixies & Pirates 	<ul style="list-style-type: none"> • Parachute • Pompoms • Torch 	<p>Working together as a team</p>	<ul style="list-style-type: none"> • Respond to the dynamic • Respond to the dynamics and tempo changes in the music • Engage in role play • Follow musical and verbal cues • Connect with classmates • Gallop 	<ul style="list-style-type: none"> • Musicality • Listening skills • Team Awareness • Social Skills

02. WARM UP

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • 1 Minute Move It • Banana Smoothie • Cheese Freeze • Red Light Green Light • Ready to Warm Up 1 • Ready to Warm Up 2 • Game Set Granny • Shimmy Shake Wobble Kiss 	<p>NIL</p>	<p>Warm up the muscles and get the heart rate going</p>	<ul style="list-style-type: none"> • Stand in a circle • Follow instructions • Move, hold, recover! • Jump from two feet • Isolate body parts 	<ul style="list-style-type: none"> • Cardio fitness • Stamina and endurance • Timing • Muscle memory • Performing steps in sequence

LEARNING OUTCOMES

03. STRETCH

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none">• Ready Set Stretch 1• Ready Set Stretch 2	NIL	Full body stretch	<ul style="list-style-type: none">• Sit and reach• Pointe and flex• Simple stretch exercises	<ul style="list-style-type: none">• Flexibility• Foot and body control• Core and back strength

04. BALANCE

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none">• Pancake Play• Tightrope in the Sky• Circus Balancer	<ul style="list-style-type: none">• Bean Bag	Posture, balance and control	<ul style="list-style-type: none">• Walk on tippy toes in time with the music• Walk backwards in time with the music• Control their balance• Recover from prop mishaps• Changing pattern and direction• Role Play	<ul style="list-style-type: none">• Posture• Body control• Spatial awareness• Resilience• Characterisation• Tactile Awareness

LEARNING OUTCOMES

05. FOLLOW

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • Pom Pom Parade • Blast Off • Under the Sea 	<ul style="list-style-type: none"> • Pom Poms • Star Spacers 	Travelling in a line and following a leader	<ul style="list-style-type: none"> • Listen to music and characterise movement • Use their imaginations • Hold their position in the line • Perform basic steps 	<ul style="list-style-type: none"> • Spatial awareness • Pattern and direction • Independent thinking • Coordination

06. DANCE

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • 1 Minute Shake It • Are You Ready? • Boom Clap Pow • Disco Dream • Get Down Granny • Go Bananas • I Love Dancing • Funky Monkey • What's My Jam? 	<ul style="list-style-type: none"> • Star Spacers • Superhero Capes 	Developing basic dance steps	<ul style="list-style-type: none"> • Listen to instruction • Remember steps in order • Jump from two feet • Clap in time • Transfer weight • Do the grapevine and other coordination steps 	<ul style="list-style-type: none"> • Awareness of right and left • Muscle memory • Coordination • Presentation • Comprehension and performance of steps

LEARNING OUTCOMES

07. PLAY

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none">• Clickety Click• Silly Shaker• Sushi Roll• I Wanna Shake• We Went Walking	<ul style="list-style-type: none">• Rhythm Sticks• Shakers	Learning music dynamics, tempo and rhythm	<ul style="list-style-type: none">• Listen to instructions• Respond to tempo change• Copy a rhythm• Tap or clap the beats in words• Divide words into syllables	<ul style="list-style-type: none">• Promotes active listening and develops phonemic awareness needed for reading• Build literacy capability• Fine motor skills and hand eye coordination• Language development and listening skills• Their understanding of rhythm, beat and tempo

LEARNING OUTCOMES

08. TRAVEL

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none">• Gallops• Marching Ants• Skips• Gallops and Skips• Prep Turns• Step Kicks	NIL	Gallops, skips and travel sequence of steps	<ul style="list-style-type: none">• Take turns• Wait in line• Understand one foot after the other concept• Gallop across the room• Lead with the toe• Keep in time with the music• Learn to sequence steps• Jump from two feet• Dance and travel at the same time• Execute steps high and low levels	<ul style="list-style-type: none">• Coordination• Control• Timing• Cross coordination• Sequencing• Transitioning• Spatial Awareness• Pattern and Direction

LEARNING OUTCOMES

09. HIP HOP

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • 1 Minute Hip hop • Cooking Cupcakes • Dancebot • Get Busy • Ice Cream Freeze • Do The Freeze • Hip Hop Italiano • Hip Hop School • Hip Hop Toybox 	NIL	Stationary and travelling hip hop moves	<ul style="list-style-type: none"> • Dance with a hip hop feel • Isolate body parts • Transfer weight • Hold a pose with confidence • Cross the midline • Master a sequence of hip hop moves 	<ul style="list-style-type: none"> • Versatility of style • Coordination • Confidence • Musicality • Cross-coordination

10. FREE

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none"> • Come Dance with Twirl 	<ul style="list-style-type: none"> • Ribbons 	Learn to improvise	<ul style="list-style-type: none"> • Using their imagination • Explore Creativity • Spatial Awareness 	<ul style="list-style-type: none"> • Listening skills • Musicality • Confidence • Creativity • Music interpretation

LEARNING OUTCOMES

11. SING

TRACKS	PROPS	TARGETED OUTCOME	STUDENTS WILL LEARN TO	STUDENTS WILL IMPROVE
<ul style="list-style-type: none">• Come Sing with Twirl• Opposite Song• Sing like a Star• Where is Twirl and Freeze?	<ul style="list-style-type: none">• Microphone	Singing with actions and microphone confidence	<ul style="list-style-type: none">• Sing a song• Learn new words• Introduce themselves to a group• Hold a microphone correctly• Compare two different things that opposite	<ul style="list-style-type: none">• Singing confidence• Memory• Combining singing and movement• Listening skills• Visual spatial perception skills

