

Sports Leaders UK Level 1 Award in Dance Leadership

Lesson Plan (1)

Session Aims: Planning, Preparing and Assisting with a Simple Dance Activity. Unit 1.

Tutor: Hazel Kerr.

Venue: Sans Street Youth and Community Centre. Sunderland

Learning Outcomes: On completion of this Unit the candidate must demonstrate competence in the following areas:

- 1. Planning and Preparation of a simple dance activity**
- 2. Running a simple dance activity whilst under close supervision**
- 3. Evaluation of each session**
- 4. Planning future sessions taking into account self and peer evaluation**
- 5. Working effectively in a group environment**
- 6. Breaking down a movement phrase and communicating it simply to the group.**

TIME	CONTENT	TEACHING / COACHING STRATEGY	LEARNING / EQUIPMENT AIDS	ANTICIPATED OUTCOMES
9.00 am	Welcome the group and introduce getting to know you session. Ice Breakers: Name Game (Try to remember name and an item beginning with the first letter of their name) /Mafia Game / People Bingo / Traffic Lights / Ground Rules Complete Consent Forms. Tour of the building / Facilities	Tutor to make the group feel welcome to the centre. Tutor to facilitate “Getting to know you session”. Tutor to facilitate Ice Breaker Games. Responsibility is to be given to the students to create their own Ground Rules. Tutor to allow time for the completion of consent forms.	Education Suite Photo copier Pens and paper Give the students: Unit 1: Hand Out (1 and 2)	Students are to feel welcome. Students are to get to know the tutor and other students on the course. Students are to create their own ground rules and adhere to them throughout the course. Students are to know their way around the building and be aware of the facilities available. Learning Outcome: 5

10:00	<p>Introduction to the Dance Leadership Award, discuss what the course involves. Explain the 7 Units in detail. Explain the Award in Dance Leadership is a practical qualification. Students must demonstrate knowledge and understanding mainly through physical competence rather than written work. Students' ability as a competent leader must be assessed by observation rather than by written assessment.</p>	<p>Tutor to hold a group discussion about the course details. Tutor to explain the 7 Units. Tutor to explain the qualification to the students. Tutor to explain how the students will be assessed throughout the course. Tutor to answer any questions asked by the students.</p>	<p>Education Suite Tutor Resource Pack. Dance Log Books Files</p>	<p>Students are to understand the course criteria. Students are to gain an understanding of the Units and how they will be assessed. Students are to feel comfortable with the tutor and be able to ask any questions about the course.</p> <p>Learning Outcome: 5</p>
BREAK 11.00				
11:15	<p>Students are to read Hand Outs 1 and 2 before taking part in the practical session. Students are to observe the tutor running a dance session. Students are to participate in the Warm Up-Main Dance Activity and the Cool Down.</p>	<p>Tutor to make sure the students have read Hand Out 1 and 2. Tutor to run practical session. Tutor to explain this is an observation session. Tutor to encourage the students to participate in a Warm Up – Dance Activity – Cool Down.</p>	<p>Organise Unit 1: Hand Outs 1 and 2 to give to students. Sports Hall C.D Player C.D's.</p>	<p>Students are to have read and understood Hand Outs given. Students are to be enthusiastic about participating in the practical session. Students are to be aware what they are looking for whilst observing the tutor.</p> <p>Learning Outcome: 3 / 5</p>
LUNCH 12.00				
1:00	<p>Students are to complete Observation and Evaluation Tasks. Students are to be given work sheets to fill in about what they have observed whilst participating in the tutors session. Students are to evaluate what they have thought and felt about the session.</p>	<p>Tutor to give the students Unit 1: Work Sheet 3 and 4. Tutor to give the students a starting point for discussion. Students are to discuss and work through the Work Sheets. Tutor to give assistance where needed.</p>	<p>Education Suite Organise Work Sheet 3 and 4. Pens Files</p>	<p>Students are to have worked through the Observation and Evaluation Tasks. Students should be able to ask for the tutors help when needed.</p> <p>Learning Outcome: 3</p>
BREAK 1.45				

2:00	<p>Students are to participate in a range of activities set out by the tutor.</p> <p>Circuit Training Dance Routine Cool Down.</p>	<p>Tutor to set up the sports hall with various activities. Tutor to utilise all the equipment we have available to show how to make a session more interesting.</p> <p>Tutor to encourage students to participate.</p>	<p>Sports Hall C.D Player C.D's. Sports Equipment.</p>	<p>Students are to have participated and enjoyed the activity session.</p> <p>Students to feel comfortable asking any questions.</p> <p>Students should be able to give the tutor feed back.</p> <p>Learning Outcome: 5 / 6</p>
3:00	<p>Students are to complete Observation of Organisation Skills task.</p> <p>Students are to fill in work sheet 5 and 6 to evaluate the session they have just taken part in.</p>	<p>Tutor to give the students Unit 1: Work Sheet 5 and 6.</p> <p>Tutor to highlight the points they need to look out for.</p> <p>Tutor to assist the group where needed.</p>	<p>Education Suite Organise Work Sheet 5 and 6. Pens Files.</p>	<p>Students should be able to comment on the observations they have taken part in to evaluate tutors organisational skills.</p> <p>Complete Work Sheet 5 and 6.</p> <p>Learning Outcome: 3</p>
3:30	<p>Individually students are to start thinking of how they could run their own session.</p> <p>Students are to put some ideas down on a piece of flip chart of how they can warm up the group- what dance they could teach and how to cool down the group.</p> <p>Two students to run their own 15-minute session for the rest of the group involving a warm up dance activity and a cool down.</p>	<p>Tutor to assist each student in thinking of a starting point. What ideas do the students have for running their own session?</p> <p>Is there a dance the student already knows which may be easier to teach to the group?</p> <p>Tutor to encourage two students to have a go at running their own session.</p>	<p>Education Suite Flip Chart Pens Files Sports Hall C.D Player C.D's.</p>	<p>Students are to begin planning and preparing for running their own 15-minute session.</p> <p>Student to be able to ask tutor if there is anything, they may be unsure of.</p> <p>Student should be able to ask for the tutors support if necessary.</p> <p>Two students to run a 15-minute session.</p> <p>Learning Outcome: 1,2,4,5,6</p>
4:00	<p>Students are to evaluate the day.</p> <p>Flip Chart to be used to write up comments-What you have enjoyed about the day and what could have been better.</p> <p>Students to work as a group and feed back information to the tutor.</p> <p>Tutor to thank the group for attending the session.</p>	<p>Tutor to facilitate an evaluation session of how the day has ran.</p> <p>Thoughts and opinions to be discussed by the group.</p> <p>Tutor to write the comments on the flip chart and have them typed up ready for next session.</p>	<p>Education Suite Flip Chart Pens Files</p>	<p>Students should be able to share their thoughts and opinions.</p> <p>Feed Back to be given to the tutor.</p> <p>Learning Outcome: 3 / 4 / 5</p>