



Sandon Road, Meir, Stoke-on-Trent, ST3 7DF Telephone: 01782 377100 Fax: 01782 377101

Email: info@omera.co.uk Website: www.ormistonmeridianacademy.co.uk

Principal: Mrs C Stanyer

## Subject: DANCE

## Year 7 Curriculum Map 2025 - 26

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 01/09 Students Return 02/09	<b>Introduction to Dance</b> Topic: Looking at use of rhythm and actions using body percussion. Watch task: Gumbot Dance - <a href="https://www.youtube.com/watch?v=fYYVmWvhAI">https://www.youtube.com/watch?v=fYYVmWvhAI</a> HAIL: Check and organise appropriate kit.	
08/09/2025	<b>Contemporary Dance</b> Topics: Understanding the style of contemporary dance and learning a piece in this style. Watch task: Land of all - MN Dance Company: <a href="https://www.youtube.com/watch?v=wm98afryPf4">https://www.youtube.com/watch?v=wm98afryPf4</a> HAIL: Rehearse Contemporary dance motif.	
15/09/2025		
22/09/2025	<b>Contemporary Dance</b> Topics: Understanding the style of contemporary dance and learning a piece in this style. Watch task: Land of all - MN Dance Company: <a href="https://www.youtube.com/watch?v=wm98afryPf4">https://www.youtube.com/watch?v=wm98afryPf4</a> HAIL: Create an A4 poster on the style of Contemporary Dance.	
29/09/2025		
06/10/2025	<b>Contemporary Dance</b> Topics: Recalling the contemporary dance and learning a new section. Students will be performing in this style and peer assessing. Watch task: Kayla Kupon - Gravity Addiction: <a href="https://www.youtube.com/watch?v=QZ-1cq8ibwg">https://www.youtube.com/watch?v=QZ-1cq8ibwg</a> HAIL: Rehearse Contemporary dance motif.	
13/10/2025		
20/10/2025	<b>Contemporary Dance</b> Topics: Recalling the contemporary dance and creating a new section using the 5 dance actions. Students will also be looking at unison, canon, and formations. Watch task: Jeanine and Jason - If it kills me: <a href="https://www.youtube.com/watch?v=xk8lmwtnCug">https://www.youtube.com/watch?v=xk8lmwtnCug</a> HAIL: Create three actions to add to the contemporary dance motif.	
October Half Term		
03/11/2025	<b>Contemporary Dance</b> Topics: Recalling the contemporary dance and creating a new section using the 5 dance actions. Students will also be looking at unison, canon, and formations. Watch task: Jeanine and Jason - If it kills me: <a href="https://www.youtube.com/watch?v=xk8lmwtnCug">https://www.youtube.com/watch?v=xk8lmwtnCug</a> HAIL: Create three actions to add to the contemporary dance motif.	AR1
10/11/2025	<b>Contemporary Dance</b> Topics: Recalling the contemporary dance and developing it to use unison, canon, and formations. Watch task: Rosie Kay's - 5 Soldiers: <a href="https://www.youtube.com/watch?v=tcT9Zm2Kx1c">https://www.youtube.com/watch?v=tcT9Zm2Kx1c</a> HAIL: Rehearsal of practical work ready for assessment. Focusing on directions and timing.	AR1
17/11/2025		
24/11/2025	<b>Contemporary Dance</b>	

Ormiston Meridian Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



01/12/2025	<b>Topics:</b> Assessment of Contemporary performance material and choreography. <b>Watch task:</b> "In This Shirt" Kate Jablonski: <a href="https://www.youtube.com/watch?v=sEKZj-H7qa8">https://www.youtube.com/watch?v=sEKZj-H7qa8</a> <b>HAIL:</b> Evaluate the assessment performance using two stars and one wish.	
08/12/2025	<u><b>Contemporary Dance</b></u> <b>Topics:</b> DDI looking at wave 1 and 2. Wave 1: Improvement of practical work Wave 2: Improvement of contemporary knowledge	
15/12/2025	<b>Watch task:</b> <a href="https://www.youtube.com/watch?v=p-rSdt0aFuW">https://www.youtube.com/watch?v=p-rSdt0aFuW</a> <b>HAIL:</b> Completion of DDI worksheets.	
Christmas Break		
05/01/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> An introduction to the 1920's Swing Dance Era – The Charleston	
12/01/2026	<b>Watch task:</b> Evolution of dance – <a href="https://www.youtube.com/watch?v=p-rSdt0aFuW">https://www.youtube.com/watch?v=p-rSdt0aFuW</a> <b>HAIL:</b> Learn the key features of the style of dance using the knowledge organiser.	
19/01/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Developing Charleston choreography using choreographic devices.	
26/01/2026	<b>Watch task:</b> The Charleston - <a href="https://www.youtube.com/watch?v=HaoDEIHUlgw">https://www.youtube.com/watch?v=HaoDEIHUlgw</a> <b>HAIL:</b> Rehearse Charleston dance choreography.	
02/02/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Extend, Perform & Evaluate 1920's Dance. Using a marking criteria to assess progress.	
09/02/2026	<b>Watch task:</b> The Charleston - <a href="https://www.youtube.com/watch?v=HaoDEIHUlgw">https://www.youtube.com/watch?v=HaoDEIHUlgw</a> <b>HAIL:</b> Learn the key features and choreographic devices from your knowledge organiser.	AR2
February Half Term		
23/02/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> An introduction to the 1970's Disco Dance looking at the key features of the style.	AR2
02/03/2026	<b>Watch task:</b> Saturday Night Fever - <a href="https://www.youtube.com/watch?v=HaoDEIHUlgw">https://www.youtube.com/watch?v=HaoDEIHUlgw</a> <b>HAIL:</b> Learn the key features of the style of dance using the knowledge organiser.	
09/03/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Developing 1970's disco dance choreography using choreographic devices.	
16/03/2026	<b>Watch task:</b> Saturday Night Fever - <a href="https://www.youtube.com/watch?v=HaoDEIHUlgw">https://www.youtube.com/watch?v=HaoDEIHUlgw</a> <b>HAIL:</b> Rehearse Disco dance choreography.	
23/03/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Extend, Perform & Evaluate 1070's Disco Dance. Using a marking criteria to assess progress. <b>Online Resource to improve in Disco:</b> <a href="https://www.lilbeatz.co.uk/top-tips-improve-street-dance-skills/">https://www.lilbeatz.co.uk/top-tips-improve-street-dance-skills/</a> <b>HAIL:</b> Learn the key features and choreographic devices from your knowledge organiser.	
Easter Break		
13/04/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Extend, Perform & Evaluate 1070's Disco Dance. Using a marking criteria to assess progress. <b>Online Resource to improve in Disco:</b> <a href="https://www.lilbeatz.co.uk/top-tips-improve-street-dance-skills/">https://www.lilbeatz.co.uk/top-tips-improve-street-dance-skills/</a> <b>HAIL:</b> Learn the key features and choreographic devices from your knowledge organiser.	
20/04/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> An introduction to the 1990's Old School Hip-Hop & Social Grooves looking at the key features of the style.	
27/04/2026	<b>Watch task:</b> 90's Medley - <a href="https://www.youtube.com/watch?v=HzzoeoetjuM">https://www.youtube.com/watch?v=HzzoeoetjuM</a> <b>HAIL:</b> Learn the key features of the style of dance using the knowledge organiser.	
04/05/2026	<u><b>Dance through the decades</b></u> <b>Topics:</b> Developing 1990's Hip-Hop choreography using choreographic devices. <b>Watch task:</b> Old school Hip Hop steps - <a href="https://www.youtube.com/watch?v=82L37zmXiU4">https://www.youtube.com/watch?v=82L37zmXiU4</a>	

11/05/2026	HAIL: Rehearse 1990's Hip Hop dance choreography.	
18/05/2026	<b><u>Dance through the decades</u></b> Topics: Extend, Perform & Evaluate 1990's Old Skool Hip-Hop using a marking criteria to assess progress. Watch task: Rhythm Nation - <a href="https://www.youtube.com/watch?v=OAwaNWGLM0c">https://www.youtube.com/watch?v=OAwaNWGLM0c</a> HAIL: Learn the key features and choreographic devices from your knowledge organiser.	
May Half Term		
01/06/2026	<b><u>Dance through the decades</u></b> Topics: Extend, Perform & Evaluate 1990's Old Skool Hip-Hop using a marking criteria to assess progress. Watch task: Rhythm Nation - <a href="https://www.youtube.com/watch?v=OAwaNWGLM0c">https://www.youtube.com/watch?v=OAwaNWGLM0c</a> HAIL: Learn the key features and choreographic devices from your knowledge organiser.	
08/06/2026	<b><u>Dance through the decades</u></b> Topics: Dancing through the decade's choreography project introduction. Online Resource for developing a motif: <a href="https://www.onedanceuk.org/wp-content/uploads/2016/03/Motif-and-development-for-NDTA.pdf">https://www.onedanceuk.org/wp-content/uploads/2016/03/Motif-and-development-for-NDTA.pdf</a>	
15/06/2026	HAIL: Rehearse Dance through the decades choreography.	AR3
22/06/2026	<b><u>Dance through the decades</u></b> Topics: Responding to a dance brief – develop & extend. Online Resource on evaluating a Street Dance performance. Can you evaluate yourself using this model? <a href="http://www.skillsup.co.uk/dance/evaluation/">http://www.skillsup.co.uk/dance/evaluation/</a>	AR3
29/06/2026	HAIL: Rehearse Dance through the decades choreography.	AR3
06/07/2026	<b><u>Dance through the decades</u></b> Topics: Dancing through the decades choreography, performance & assessment. Watch task: Evolution of Dance Part 2 - <a href="https://www.youtube.com/watch?v=XpHnioELnGM">https://www.youtube.com/watch?v=XpHnioELnGM</a>	
13/07/2026	HAIL: Select a piece of dance from around the world to watch in preparation for year 8.	
20/07/2026	<b><u>Dance through the decades</u></b> Topics: Dancing through the decades choreography, performance & assessment. Watch task: Evolution of Dance Part 2 - <a href="https://www.youtube.com/watch?v=XpHnioELnGM">https://www.youtube.com/watch?v=XpHnioELnGM</a> HAIL: Select a piece of dance from around the world to watch in preparation for year 8.	