

Course: Fizzie Dance

Lesson Four: Doing the Fizzie Dance

Learning Area: The Arts

Strands: Dance

Time: 45 Minutes

Year Level: 5-6

Content Descriptor:

- Develop technical and expressive skills in fundamental movements including body control, accuracy, alignment, strength, balance and coordination (ACADAM010).
- Perform dance using expressive skills to communicate a choreographer's ideas, including performing dances of cultural groups in the community (ACADAM011).
- Explain how the elements of dance and production elements communicate meaning by comparing dances from different social, cultural and historical contexts, including Aboriginal and Torres Strait Islander dance (ACADAR012).

Learning Focus:

- Students work in teams to perform their Fizzie Dance, based on sport movements.

Time:	Teaching and Learning Strategies:	Preparation and Resources:
10 minutes	Introduction Watch the Doing the Fizzie Dance video. Ask students to move into either Red team or Blue team, based on the Fizzie Dance phrases they created in the Making a Phrase activity. Teams are to move to either the right or left of the centre line. Explain to students that the phrase they will learn is divided into four sections.	Relevant ARTS:LIVE resources • Doing the Fizzie Dance video • Fizzie Dance audio track (optional).
10 minutes	Sport movements Play music for students to practise the relevant sections with. Teach and practise section one. This lasts for 16 counts and is performed by one side of the room then the other. The basketball-inspired movements include: • 4 dribbles on right (4 counts) • 4 dribbles on left (4 counts) • 4 bounces in the middle (4 counts) • ball rolls around waist (3 counts) and score (jump!) (1 count). Red team performs the above movements then sits. Blue team repeats the process.	Additional resources required • a clear space with enough room for each student to move freely with their arms stretched out to the side • music with a strong beat • a music player.

10 minutes

Group formations

All students stand and perform arm reaches from side to side. Repeat eight times, keeping arms parallel to the floor (8 counts).

Both teams form two straight lines, facing each other. (8 counts).

Red team and Blue team then run in two opposing circles. Once students have circled once, all sit down (16 counts).

15 minutes

Sport hero moment

Everyone sits in a circle and sets a rhythm in 4/4 time: pat, pat (1, 2) clap (3, 4). Be careful not to speed up or lose the rhythm.

For each set of 4 counts, ask one student to perform a sport hero action. That means four lucky students get time to shine!

The student creating the final shape or movement should consider what they want the audience to take away with them. Encourage them to think of it as the final seconds of a game before the siren sounds.

Performance

Encourage students to perform the dance with musical accompaniment.