

## Scheme of Work

<b>Course Title</b>					
<b>Tutor</b>					
<b>Day</b>		<b>Time</b>		<b>Course Code</b>	<b>Dept/Subject Area</b>

Course outcomes (what will students learn? Please include discussion, reflective and analytical skills, contextual awareness, design/aesthetical skills) For example, “Participants become healthier and increase their wellbeing, improvement to their balance, coordination and movement.”

<b>Beginners</b>	<b>Intermediate</b>	<b>Advanced</b>
<p>(Aim and objective for the workshops. You should have at least <b>five</b> main objectives and improvements)</p> <p>1. Increased confidence in group dancing</p> <p>2. Ability to remember particular South Asian dance movements e.g. mudras</p> <p>3. Ability to be physically active for longer before becoming breathless</p> <p>4. Increased confidence in independent movement, away from the chair</p> <p>5. Performing a short piece of choreography for a small audience</p>	<p>(How the skills will be developed at different levels)</p> <ol style="list-style-type: none"> <li>Increased confidence in group dancing</li> <li>Ability to remember a short story using mudras</li> <li>Ability to be physically active for longer before becoming breathless</li> <li>Increased confidence in independent movement, away from the chair and moving in and out of the centre of balance.</li> <li>Assisting in the choreography of a short performance piece</li> </ol>	<ol style="list-style-type: none"> <li>Increased confidence in group dancing</li> <li>Ability to create a short story using mudras</li> <li>Ability to be physically active for longer before becoming breathless</li> <li>Increased confidence moving through the space, interacting with other participants and exploring the further reaches of the kinesphere</li> <li>Assisting in the choreography of a short performance piece and helping to lead other participants in the final performance</li> </ol>

### **How will you facilitate the inclusion of all abilities within the group?**

All participants will be asked to provide input into activities such as the storytelling and choreography. Those that would like to offer suggestions will be able to lead short sections with those that would just like to follow. This will increase interaction between participants of varying levels and give autonomy to those of a higher ability.

*Then plan week by week, how you will approach and explore the learning objectives in order to reach your course outcomes.*

<b>Lesson</b>	<b>Date</b>	<b>Learning outcomes</b>	<b>Teaching Methods</b>	<b>Resources</b>	<b>Assessment Methods</b>
1	29/06/18	Learners are introduced to some basic movements associated with South Asian Dance	Lead and repeat  Verbal communication	Giant balloon  Music  Bells  Scarves	Levels of participation in each activity  Incidents of breathlessness, or need to sit out from an

		<p>Learners begin to develop rhythm skills</p> <p>Learners experience mudras through storytelling</p> <p>Learners are able to begin exploring their physical abilities within their own kinesphere</p>			<p>activity</p> <p>Confidence in offering suggestions for storytelling</p>
2	6/07/18	<p>Learners develop their understanding of South Asian Dance movements</p> <p>Learners begin to create their own rhythmscape</p> <p>Learners experience mudras through storytelling and are able to suggest mudras for the story</p> <p>Learners begin to explore outside of their kinesphere and interact with other participants</p>	<p>Lead and repeat</p> <p>Verbal communication</p>	<p>Giant balloon</p> <p>Music</p> <p>Bells</p> <p>Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in offering suggestions for storytelling</p> <p>Interaction with other participants</p> <p>Verbal feedback from participants at the end of the session</p>
3	13/07/18	<p>Learners develop their understanding of South Asian Dance movements</p> <p>Learners begin to create their own rhythmscape</p> <p>Learners experience mudras through storytelling and are able to suggest mudras for the story</p> <p>Learners begin to explore</p>	<p>Lead and repeat</p> <p>Verbal communication</p>	<p>Giant balloon</p> <p>Music</p> <p>Bells</p> <p>Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in offering suggestions for storytelling</p> <p>Interaction with other participants</p>

		<p>outside of their kinesphere and interact with other participants</p> <p>Learners feel confident to move away from their chair</p>			<p>Verbal feedback from participants at the end of the session</p> <p>Number of participants exploring the space</p>
4	20/07/18	<p>Learners develop their understanding of South Asian Dance movements</p> <p>Learners begin to create their own rhythmscapes</p> <p>Learners experience mudras through storytelling and are able to remember stories taught in previous weeks</p> <p>Learners begin to explore the space during exercises if able</p>	<p>Lead and repeat</p> <p>Verbal communication</p>	<p>Giant balloon</p> <p>Music</p> <p>Bells</p> <p>Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in offering suggestions for storytelling</p> <p>Interaction with other participants</p> <p>Verbal feedback from participants at the end of the session</p> <p>Number of participants exploring the space</p>
5	27/07/18	<p>Learners develop their understanding of South Asian Dance movements</p> <p>Learners create short rhythmscapes</p> <p>Learners experience mudras through storytelling and are able to lead the telling of stories from previous weeks</p> <p>Learners move in and out of the space and interact with</p>	<p>Lead and repeat</p> <p>Verbal communication</p>	<p>Giant balloon</p> <p>Music</p> <p>Bells</p> <p>Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in offering suggestions for storytelling</p> <p>Interaction with other participants</p> <p>Verbal feedback from</p>

		other participants			participants at the end of the session  Number of participants exploring the space
6	3/08/18	<p>Learners develop their understanding of South Asian Dance movements</p> <p>Learners create short rhythmsscapes</p> <p>Learners begin to create their own short stories with mudras learnt in previous weeks</p> <p>Learners move in and out of the space and interact with other participants</p>	<p>Lead and repeat Verbal communication</p>	<p>Giant balloon Music Bells Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in offering suggestions for storytelling</p> <p>Interaction with other participants</p> <p>Verbal feedback from participants at the end of the session</p> <p>Number of participants exploring the space</p>
7	10/08/18	<p>Learners have a good understanding of South Asian Dance movements</p> <p>Learners can demonstrate their own rhythmsscapes</p> <p>Learners can create their own short story using mudras</p> <p>Learners can move in and out of the space, interacting with other participants</p> <p>Learners are confident to</p>	<p>Lead and repeat Verbal communication</p>	<p>Giant balloon Music Bells Scarves</p>	<p>Levels of participation in each activity</p> <p>Incidents of breathlessness, or need to sit out from an activity</p> <p>Confidence in demonstrating short stories</p> <p>Interaction with other participants</p> <p>Verbal feedback from participants at the end of the session</p>

		perform a short piece to friends and family			session
8	17/08/18	<p>Learners have a good understanding of South Asian Dance movements</p> <p>Learners can demonstrate their own rhythmscapes</p> <p>Learners can create their own short story using mudras</p> <p>Learners can move in and out of the space, interacting with other participants</p> <p>Learners are confident to perform a short piece to friends and family</p>	Verbal communication	Giant balloon Music Bells Scarves	<p>Feedback from audience members</p> <p>All participants take part in the final performance</p>