

## Stimuli

Still images of Tudor lifestyles, court dances.

Video clips of re-creations of Tudor dance.

## Word bank

upright  
restrained  
deliberate  
curtsy  
gesture  
elegant  
formations  
floor pattern  
great  
regal  
court

## Select a focus

Tudor dance styles

## Choose movement words

Curtsy, bow, gesture, upright controlled, restrained, steps, jump, turn.

## Develop movement vocabulary

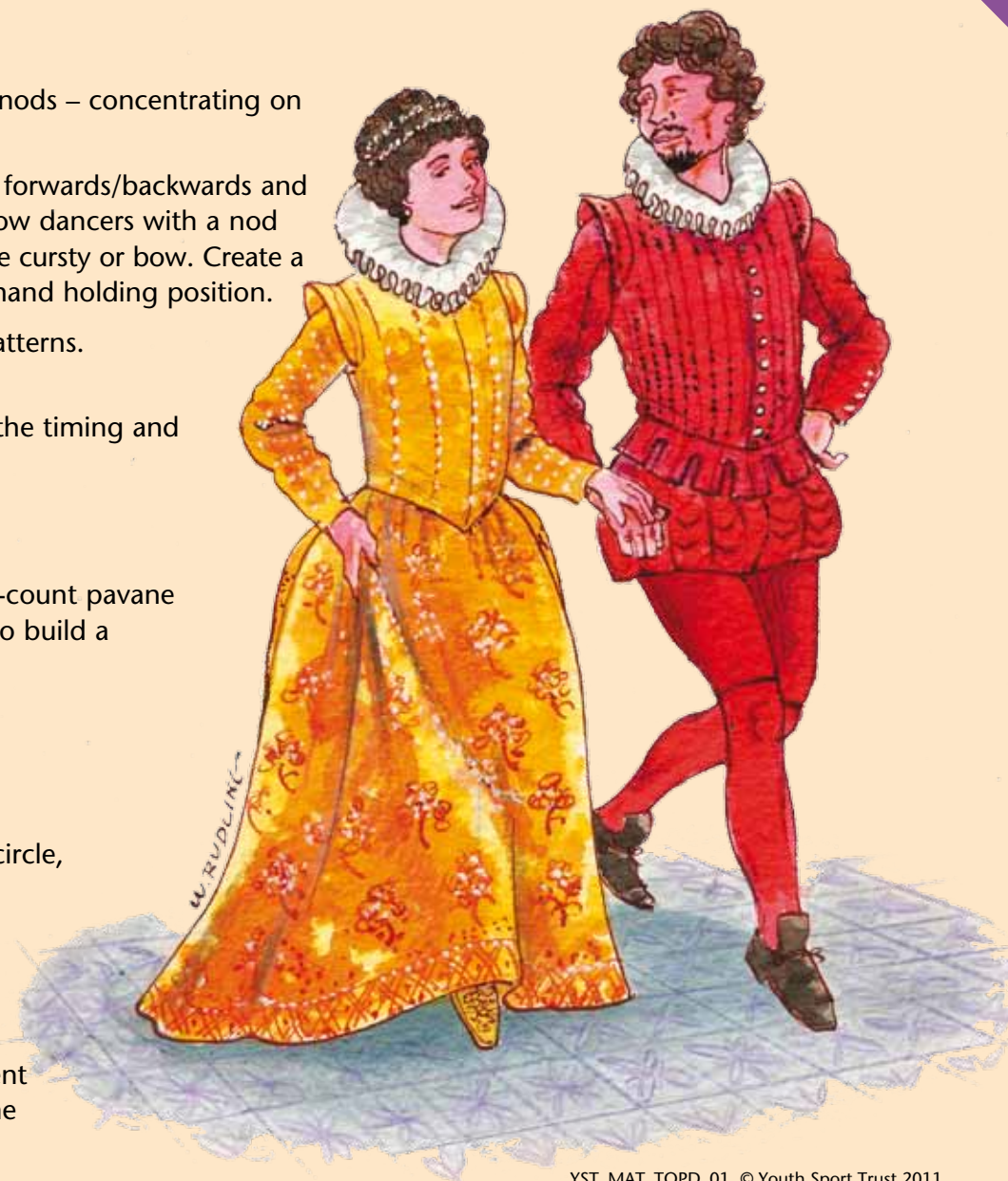
- ▶ Use resource sheets as guide.
- ▶ Practice gestures of bowing, curtsying, acknowledging nods – concentrating on keeping heads lifted and formal body posture.
- ▶ Retaining an upright controlled stately manner, walking forwards/backwards and side steps for four or eight counts and acknowledge fellow dancers with a nod and move repeating with a change of direction. Introduce cursty or bow. Create a meet greet and part motif in pairs – encourage correct hand holding position.
- ▶ Learn a range of 'Tudor style' simple and double step patterns. Practise set patterns of the branle and pavane.
- ▶ Encourage good body posture tension and stepping to the timing and flow of the musical accompaniment.

## Create Tudor movement motifs/phrases

- ▶ Individually meet and greet motif, in pairs develop a 16-count pavane style motif. In groups of eight combine the pairs motif to build a group Tudor phrase that can be repeated.

## Developing the movement phase into a dance using STEP

- S** Use different formations/floor patterns: processional, circle, follow my leader, weaving, and linear.
- T** Each movement phrase is practised and learnt by other groups.
- E** Replicate video footage of a Tudor dance.
- P** Perform as separate groups in unison, e.g. four different Tudor motifs being performed as distinct dances at the same time.



## Skills

## Example

### Thinking Me

Explore	Self evaluate	Which gestures did you find easy and which did you find hard? Why?
Compose	Plan	Which choreographic elements have you used to make best use of people and space?
Perform	Assess	How can you assess the quality of the floor patterns?

### Social Me

Explore	Co-operate	How can you work together to achieve a Tudor style dance?
Compose	Constructive feedback	What advice can you give others to help them improve?
Perform	Tolerance	Why would you want to demonstrate patience when a member of your group does not perform well?



### Healthy Me

Explore	Take risks	How could you challenge yourself and why would you do this?
Compose	Understand how to warm up	What exercises would you perform to prepare your body for this style of dance?
Perform	Confidence	Describe the characteristics you have demonstrated that show a 'good' Tudor dance performance

### Physical Me

Explore	Maintain stability	What are important body positions of the Tudor bow and curtsy that need to be practised?
Compose	Spatial awareness	Describe the different floor patterns and pathways you have used.
Perform	Repeat actions with accuracy	How can you improve the clarity and body postures of the reverence gestures?

### Resources

-  <http://www.curtisclark.org/emusic/medieval.html> - variety of Medieval music on Quicktime
-  BBC learning zone  
<http://www.the-tudors.org.uk/tudor-music.htm> - facts about the Tudor times as well as music  
<http://www.brims.co.uk/tudors/> - a fun interactive website for 7 – 11 year olds  
<http://www.bvt.org.uk/sellymanor/dance.html> - try a Tudor dance, the steps and music chords

### Learning connections

- Medieval times**
- Poor man's country dance
- Tudor lifestyle – rich and poor
- Kings and queens
- Religion
- Theatre
- Explorers
- Historical events, e.g. War of the Roses

YST\_MAT\_TOPD\_01  
© Youth Sport Trust 2011

**MATALAN**  
Sporting  
Promise

working in partnership with  
 Youth Sport Trust