



### Stimuli

Films – Austin Powers,  
Hairspray,  
Charlie Chaplin, Grease,  
Sweet Charity.

Images of 1960's fashion  
The Beatles music

### Word bank

chip cool groovy crazy wiggly swim  
crossovers flower power  
trendy steps bouncy swim  
shake amusing upbeat  
twist lively

### Select a focus

The Madison  
The Twist  
The Swim

### Choose movement words

Arm gestures,  
bouncy steps, walks,  
crossovers, circling.

### Dance in the 1960s

▶ During this time, dance can only be described as a fun and unique experience. Music was a big influence and often the words in songs dictate the movements, e.g. Chubby Checker's "The Twist". The style is free, lively and energetic.

#### The Swim – Bobby Freeman lyrics

Move arms as if swimming front crawl.

Move the arms as if swimming breast stroke.

Perform a figure of eight arm gesture out to the side using alternative arms.

Jump as if diving into the water, land with knees bent, perform 'breaststroke' arms and front crawl arms then stretch up and backstroke.

The hips move throughout the whole dance.

Work in small groups to combine the swimming gestures to make a dance that can be repeated.

#### Developing the movement phase into a dance using STEP

- S** Develop the set dance phrases and add directional changes and new group formations where children change places with each other.
- T** Watch clips from You Tube or films and create a new dance from moves that you see. Choose your own music and respond to how it makes you feel. Encourage children to really show how much fun they are having when they dance.
- E** Introduce a prop, e.g. a large piece of light material to represent the water, adapt the dance phrase to include the prop.
- P** Perform the dance to another group and ask them to feedback on what they liked best and 'It could be if...'

## The SwINGin' SixTies

#### The Madison – featured in the film "Hairspray"

Step left forward.

Place right beside left (no weight) and clap.

Step back on right.

Move left foot back and cross the right.

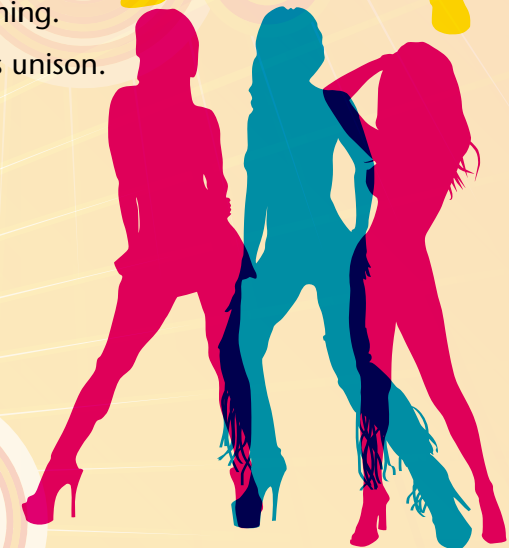
Move the left foot to the left.

Move left foot back and cross the right.

Watch the clip from the film, copy the steps and perform as a whole class.

The steps are simple but require accurate timing.

Experiment with working in canon as well as unison.



## Skills

## Example

### Thinking Me

|         |                         |   |
|---------|-------------------------|---|
| Explore | Set personal goals      | How will you challenge yourself? Why would you set yourself in terms of goals?          |
| Compose | Make reasoned decisions | Why have you selected particular ideas in preference to others?                         |
| Perform | Peer evaluate           | What suggestions have you made to improve others' performances? Demonstrate your ideas. |

### Social Me

|         |                     |   |
|---------|---------------------|---|
| Explore | Listening to others | What do you do with the advice and ideas that your partner gives you to help develop the dance ideas? |
| Compose | Negotiate           | How do you come to an agreement when making choices?  |
| Perform | Involve everyone    | What can you do to ensure that everyone is involved?  |


### Healthy Me


|         |   |  |
|---------|---|--|
| Explore | Make informed choices about physical activities | What makes this dance style fun?   |
| Compose | Ask for help                                    | If you need help, why is it important to ask someone for help or advice? |
| Perform | Make positive self statements                   | What did you perform well and what were you good at?                     |


### Physical Me

|         |                         |   |
|---------|-------------------------|---|
| Explore | Co-ordination           | What will determine which elements you will use to link movements together?                                       |
| Compose | Working in small groups | Which compositional ideas have you used to create an interesting fun 1960's style dance – why were they selected? |
| Perform | Move with agility       | What is agility? Why would it be beneficial to have good agility when performing this style of dance?             |

## Resources

 "The Swim", Bobby Freeman  
Austin Powers theme song "Soul Bossa Nova"  
[Download/11527629.html](http://www.youtube.com/watch?v=5MiMrtI3aQ4) - dance the Madison  
"The Twist" - Chubby Checker

 "Sweet Charity" - The Aloof, Heavyweight and Big Finish dances  
<http://www.youtube.com/watch?v=5MiMrtI3aQ4> clip from "Hairspray"  
The Madison  
[http://www.youtube.com/watch?v=YBEwqQU5s\\_0](http://www.youtube.com/watch?v=YBEwqQU5s_0) The Swim dance - Bobby Freeman

 Hoops

## Learning connections

### Music

Influential pop groups, e.g. Beatles, Rolling Stones

### History

Major events during the 1960s - assassination of President John F. Kennedy and Martin Luther King. Civil rights. England won football World Cup.

### Art/Fashion trends

Mini skirts, floppy hats, flowery shirts and psychedelic colour schemes.

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