

Curriculum area	Topic	Year	Session Number	Skill
Dance	Dance	5/6	#2	Traveling through time

#### Equipment

- Music player
- Speaker
- Cones (to mark pathways if needed)
- Time travel theme music

#### Learning Objective

- To explore how travelling movements and pathways can be used to show time travel and link dance movements together smoothly.

#### Success Criteria

- I can perform travelling movements using different pathways.
- I can move smoothly between actions.
- I can link movements together using transitions.
- I can perform a short dance sequence showing time travel.

#### Key words

- Pathway
- Transition
- Travel

#### Preparation Ideas/Warm Up

##### Time Travel Pathways

Children spread out safely in the working space.

Children move around the space showing different ways of travelling through time. Teacher calls different travelling actions:

- >Walk through time
- >Jog through time
- >Side step through time
- >Skip through time
- >Slow motion travelling
- >Fast travelling

Add pathway instructions. Teacher calls:

- >**Straight line**
- >**Zigzag**
- >**Circle**
- >**Curved pathway**

Add freeze command:

- >**Time freeze** → hold a strong balanced shape

Encourage children to travel with control and awareness of others

### Skill Development

Explain that dancers travel to make their dances more interesting and to show journeys (like travelling through time). Teach travelling actions:

- >Step and turn
- >Grapevine
- >Slide
- >Pivot turn
- >Chassé (side travel)

Children practice travelling across space using:

- >Straight pathways
- >Curved pathways
- >Zigzag pathways

Introduce **transitions**:

Explain transitions are how we move from one action to another smoothly.

Example:

Past movement → travelling action → future movement

Children create a short phrase:

- >1 past movement
- >1 travelling movement
- >1 future movement
- >1 freeze

Encourage smooth linking of movements.

Progressions:

- >Add a turn during travelling
- >Change levels during travelling
- >Change speed
- >Add direction change

### Creative Application

#### Time Travel Journey Dance

Children now create a short **time travel journey sequence** including:

- >A starting pose (past)
- >A travelling movement using a clear pathway
- >A movement showing arrival in another time
- >Another travelling movement
- >A final freeze pose

Encourage pupils to think about, "How do we show the journey through time?". Children practice individually or in pairs.

Performance opportunity:  
Small groups perform while others watch.

Observation task:  
Can pupils identify:  
>Clear travelling movements?  
>Different pathways?  
>Smooth transitions?

Challenge:  
Add:  
>Two different pathways  
>Two transitions  
>More expressive performance

### Teaching points

- Encourage clear travelling movements rather than small steps.
- Reinforce smooth transitions between actions.
- Promote good spatial awareness.
- Emphasise control when changing direction.
- Encourage confident performance quality.

### Key Questions

- How can you travel in an interesting way?
- What makes a movement a good transition?
- How can you make your pathways clear?
- How does travelling help tell the story of time travel?
- How can you make your movements flow smoothly?

### National curriculum links:

- Developing technique, control and balance through dance
- Comparing their performance against previous attempts, looking for improvements to their personal best
- Perform dances using a range of movement patterns

### Social and environmental skills:

- Developing focus and listening by following instructions and safety rules
- Developing confidence to try new movements
- Showing creativity throughout the session